

Nature & Wellness Retreat (3 days)

From € 1 395/person

A calm and restorative three-day retreat designed to reconnect body and mind with Nordic nature. The program combines gentle outdoor activities, traditional sauna rituals, and guided wellbeing sessions in the peaceful surroundings of The Terwa. Ideal for international groups seeking balance, recovery, and meaningful togetherness.

DAY 1 – ARRIVAL & GROUNDING

15:00 Arrival at The Terwa and herbal welcome tea

A gentle welcome to the estate and time to settle in.

16:00 Forest Mind Walk (1 hour)

A guided mindful walk based on the ForestMind method, supporting relaxation, sensory awareness, and mental recovery through gentle movement and connection with nature.

18:00 Sauna Ritual & Lake Dip

A traditional Finnish sauna experience guided by a professional host, including hot-cold contrast, outdoor or lake cooling, and relaxation time.



20:00 Nordic Three-Course Dinner

A seasonal three-course dinner inspired by Nordic ingredients and herbs.

DAY 2 – RESTORE & RECONNECT

08:00 Sound Bowl Relaxation (1 hour)

A deeply relaxing guided sound healing session using sound bowls to calm the nervous system, support recovery, and create a sense of balance and presence.

09:30 Wholesome Nordic Breakfast

A nourishing breakfast offered by The Terwa.

11:00 Nature Art Workshop or Forest Bathing (1–1.5 hours)

A calming creative or sensory-based nature experience focusing on presence, observation, and connection with the forest.



13:00 Seasonal Vegetarian Lunch

14:00 Free Time or Massage (optional)

15:00 Perfume Workshop – Create Your Own Fragrance (3 hours)

A guided workshop introducing the basics of natural perfumery, where each participant creates a personal scent to take home.

20:00 Candlelight Vegetarian Tasting Dinner

A refined yet relaxed five-course vegetarian dinner served in the Manor restaurant.



DAY 3 – DEPART WITH BALANCE

08:30 The Terwa Breakfast

10:00 Lake Paddle / Snowshoeing in winter, or Silent Forest Hike

A calm outdoor activity chosen according to season and group preferences, either paddling on the lake or a silent guided forest walk.

12:00 Wellbeing Lecture

An inspiring introduction to holistic wellbeing, combined with breathing and mindfulness exercises.

13:00 Lunch & Departure

Good to know :

Categories / Themes: Relaxation / Nature / Wellbeing / Private Retreat

Physical Difficulty Level: Easy – suitable for all fitness levels

Season: Year-round

Duration: 3 days

Participants / Group Size: Minimum 8 guests

Languages: English

Rotisseur-Level Cuisine Included: Full board (excluding drinks)



Overnights Included in the Price: Two nights accommodation / Overnight in double room (high hotel standard)

Guide Included in the Price: Yes – professional wellbeing guides and hosts

Transportation: Activities usually start from the courtyard, but transportation to the activity location is always included. Separate transport services available.

Optional Services:

- Airport transportation: 4 people or less €215 per direction / 4-16 people €380 / More than 16 people €490
- Massages
- Drinks

Sustainability Aspect: Nature-based wellbeing activities, small group size, and mindful use of local resources support sustainable and responsible travel.

Price: €1,395 / person, including VAT