

KALYMNOS 2022 RETREATS & SEMINARS

MEDITERRANIAN MENTAL TRAINING CLIMBING RETREAT WITH HAZEL FINDLAY

22.-29. May 2022

(Sunday - Sunday)

Hazel Findlay Kalymnos Retreat in Cooperation with www.kalymnosprimalclimb.com

Pro climber Hazel Findlay holds a week-long climber's retreat focusing on fear, self image and personal mental development. Sponsored by retreat organiser True Nature Travels. More information & booking at: <https://truenaturetravels.com/retreats/climbing-greece-hazel-2022/>

YOGA, CLIMBING, BREATHING; EXPERIENCE THE SYNERGY

20. July - 02. August 2022

(Wednesday - Tuesday)

A intimate and personal seminar with www.kalymnosprimalclimb.com & www.yoga-peer.at

"Yoga, Climbing, Breathing; Experience the Synergy", yoga & climbing retreat with Joe Fratianni and Hilda Peer. A two week retreat that focuses on growth, mindset, self-challenge. For all levels of experience in either yoga or climbing. Register over www.kalymnosprimalclimb.com, kalymnosprimalclimb@gmail.com, or by WhatsApp at +43 660 633 2076.