❉ VISCRI ❉ TRANSYLVANIA ❉



Beyond the Forest

A five-day coaching retreat to reflect on the life you have built, reconsider what matters and explore what comes next.

Guided reflection, thoughtful conversations and carefully curated local experiences in Transylvania.

Designed for Founders, leaders, and seasoned professionals at a threshold who want a clearer sense of their options and inspiration for crafting their future.

At a glance

22-26 MAY 2027 · TRANSYLVANIA

Before You Arrive	The Private Pre-Retreat Conversation
DAY 1	Arrival in Viscri · Time to settle · Welcome dinner
DAY 2	Foundations and Care · Transition · Restoration · Curiosity
DAY 3	Preservation and Evolution · Village life · Evolution · Traditions
DAY 4	Looking Ahead · Personal Choices · Farewell dinner
DAY 5	Slow goodbye · Onward journey
After You Return Home	Dedicated 1-on-1 follow-up session & 1 follow-up group session

In the coaching and workshop groups we use methods such as LEGO® SERIOUS PLAY®, visual mapping, writing and conversation in pairs and small groups.



22 MAY - SATURDAY

Arrival & The Threshold

Welcome, you've arrived in Viscri! Your home for the next five days. A place set in the highlands of Transylvania, with carefully restored Saxon houses, including a beautiful barn where we will meet and greet.

16:00 Arrival and Check-in

Settle into Viscri 125. Take your time.

17:30 Village Threshold Walk

Slow, agenda-free walk through the village lanes to cross the threshold into the place. Take time to observe the surroundings, explore and immerse.

19:00 Welcome Dinner and Baseline Circle

Hosted by Andreea, Mădălina and TravelArte. Light opening circle: each participant will share why they have joined and agree on how the group will work.

Unpack, rest or take a walk before we gather for dinner.

Time to unwind, notice and arrive fully. In the evening, we will gather over good food and conversation. We will introduce the days ahead as we get to know each other.

Foundations & Care

Our first full day. We begin with group coaching to explore what supports your life and what may need attention. Through group reflection and hands-on exercises, we consider commitments, relationships and resources that shape your present. Afternoon is for personal time or walk through the village or surrounding hills.

08:00 Slow Breakfast

Shared breakfast with local food and hospitality.

09:30 Opening: What Brings Me Here Now

Brief introduction to transition and restoration. Privately complete the starting questions: *What has changed or is becoming important? What keeps returning to my attention? What would I like more room for?* We establish the provisional question carried through the program.

10:15 Workshop & Group Coaching: What gives my life its foundation?

Taking stock of your foundation: Mapping the baseline strengths, core values, trusted relationships, and environments of ease that already hold you up. You gain visibility into the solid foundation beneath you.

12:30 Lunch - with open conversation

13:30 Free Time and Personal Choice

Unstructured space: rest, private thoughts, conversations or walk. Slow trekking with TravelArte as an option.

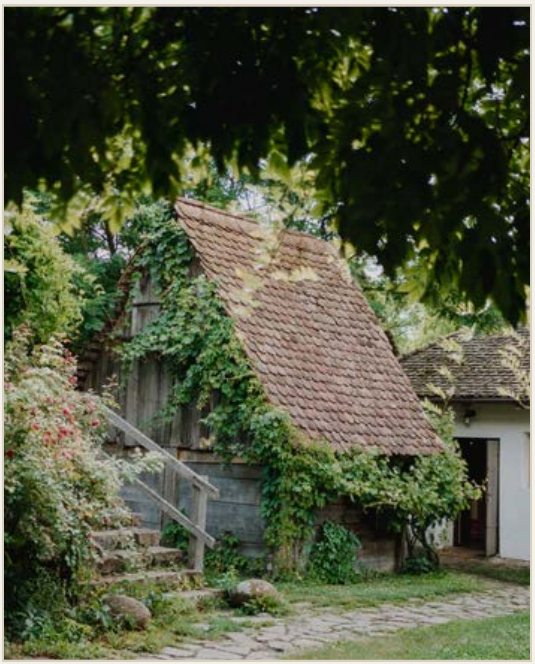
16:30 Workshop and Group Coaching: What has weathered and needs care?

Looking closely at energy drains and repeating friction. Translating vague complaints into clear, positive needs. You see where your energy is leaking and what specific care your life requires.

19:00 Dinner - Hosted Meal and Conversation

20:15 Optional Gathering: Curiosity Topic

A light, unpressured hosted conversation in the courtyard or common room: "*What have I enjoyed discovering recently?*" (Sharing is optional).



The weathered Saxon landscape offers a natural starting point with the restoration and transition themes of Transylvania.

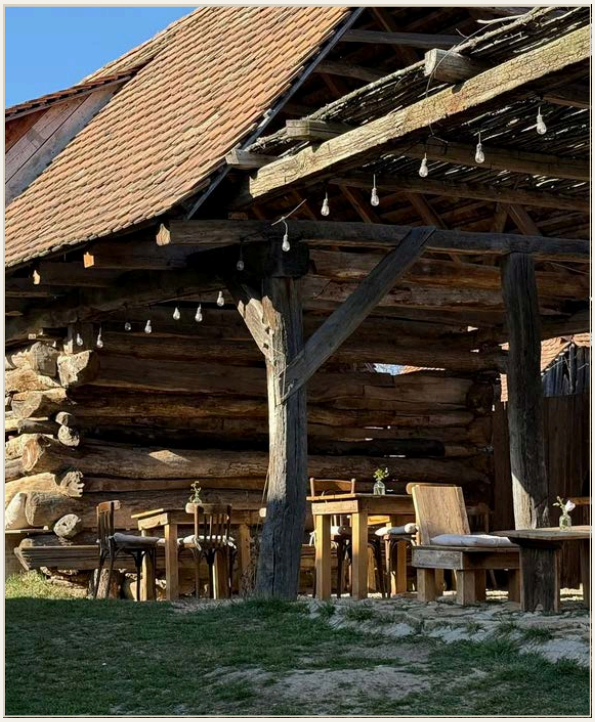
Preservation & Evolution

We meet local people involved in Viscri's restoration and community life, exploring their choices about what to preserve and how to adapt. Continue the coaching through questions of continuity and change, considering what deserves to remain in your own life and what could take a different form. Enjoy free time with optional local visits.

08:00 Slow Breakfast

09:30 Local Encounter: Preservation

Visit a restored artisan shop, meeting the local owners. Explore real decisions: what mattered enough to preserve, what needed repair or adaptation, future use and trade-offs. Continue with a story about heritage and how it brings the community together.



11:15 Workshop & Group Coaching

What deserves to remain? Disentangling who you are from your job title, external "oughts," and status. Identifying your non-negotiables before making any decisions. You gain clarity on what must be protected and freedom to explore.

13:00 Lunch

14:00 Free Time: Curiosity and Enjoyment

Rest, independent exploration, quiet reading or an optional host-led activity. King Charles House and Museum visit with art exhibition as an option.
Or retain full freedom simply to rest.

16:30 Workshop & Group Coaching

What could evolve? Opening space for long-held curiosities, emerging passions, and alternative ways of living and working. Tapping into your long-term perspective to see what wants to emerge next. You move away for narrower expectations and give yourself permission to imagine a richer following act.

19:00 Dinner - Hosted Meal and Connection

20:15 Optional Gathering: Traditions

Light, voluntary exchange: *"A tradition I would keep, adapt, or revive."*

A small note from Transylvania: our plan is settled, however historic sites sometimes undergo restoration and local availability can change. If something shifts, we will adapt thoughtfully while keeping the spirit of the day intact.

Looking Ahead

Turn reflection towards the future through coaching, practical exercises and conversations about the choices ahead. Consider what you want to create room for and identify a possible next step. Enjoy time for yourself in Viscri before a final group reflection and a farewell dinner hosted by TravelArte.

08:00 Breakfast

09:30 Workshop & Group Coaching: What do I want to make possible now?

Translating retreat insights into viable experiments to try once home. Revisit the question you came with in Day 1. You leave with a clear, doable next step that fits into your existing life.

12:30 Lunch - Tasting Menu and Storytelling

Lunch in a carefully restored barn in the village.

13:30 Free Time and Personal Choice

Unscheduled afternoon to absorb the work, revisit a spot in Viscri, walk or reflect privately ahead of departure day.

16:30 Workshop & Group Coaching: Support and Next Move

Gathering all your insights into a portable personal Life Compass and framing your next chapter into a clear, authentic story. Examine the next move, likely obstacles, support and agreements required. Record timing, what to observe and a date to review what happens.

17:45 Closing: What Am I Taking Home?

Revisit the initial question and model photographs. Write a short private letter capturing what to remember and carry forward. Close together with voluntary sharing and clear follow-up terms.

19:00 Farewell Dinner - Hosted by TravelArte

Festive shared meal appreciating fellow participants and hosts.

20:15 Optional Gathering: Remembering the Stay

Informal storytelling: *“Something from Viscri I want to remember”* or simply relax.



Departure & Re-entry

09:00 Breakfast

One last morning in Viscri. Enjoy a final breakfast together and a short closing session focused on bringing your reflections into everyday life.

10:00 Final Re-entry and Farewells

Practical guidance on carrying the work forward into everyday routines.
Depart from Viscri with time to travel onwards.

Nothing spectacular needs to happen. Your journey simply ends well.

The experience continues after the retreat through an individual follow-up coaching session and a later online group reconnection.

6–8 Weeks Post-Retreat: One individual follow-up coaching session to review how the next move met everyday life.
3 Months Post-Retreat: One online group reconvening to reflect on ongoing adjustments and progress.



Useful and quite Important

STAYS

- Viscri 125 Guesthouses
- Four nights / Five days
- Check-in from 15:00 / Check-out by 11:00

Private room, according to your booking

TRANSFERS

- Airport transfers from Sibiu and Brașov are included
- Transfers from Bucharest or Cluj are available at an additional cost

Please let us know if you carry oversized luggage

WEATHER & WHAT TO WEAR

May in Transylvania typically brings pleasant spring days, cooler mornings and evenings and occasional rain. As temperatures can vary throughout the day, we recommend packing comfortable layers, a waterproof jacket and walking shoes with good grip.

USEFUL TO HAVE

- A plug adapter, if travelling from outside continental Europe
- A small daypack and reusable water bottle
- Any personal medication you may need
- Small cash amount for any local purchases

TRAVEL INSURANCE

To help you travel with peace of mind, we ask all travellers to ensure that they have **travel insurance**. It needs to be valid in Romania for the entire journey and include emergency medical care, evacuation or repatriation.

We also recommend choosing cover for trip cancellation or interruptions, travel delays and lost or damaged luggage. Please keep your policy details and emergency assistance number somewhere easy to access during the journey.

BEYOND THE FOREST
TRANSYLVANIA





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Coach, Group Facilitator
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Biserici 125

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Slow travel journeys in Transylvania
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