The Individual Program

´The Sovereign Self´ A private 6-day program
Munich- Tegernsee- Starnberg Lake

Exclusively hosted by Diana Schramm, M.Sc.

Every day is crafted around your shared pace, priorities, and areas of focus, combining guided dialogue and somatic grounding.

Dates: Scheduled flexibly according to your preference

About the retreat

- A fully personalized space shaped around your needs
- Time to step away from daily demands and reconnect with yourself without external pressure
- One-on-one emotional support and guidance
- Gentle, tailored exploration of emotions, body awareness, intimacy concerns, relationship patterns, and healing after separation or breakups guided by your comfort
- Practical tools to support stress regulation, emotional balance, and inner clarity
- A balanced rhythm of guided sessions, reflective quiet time, and nature-based practices, with you fully in control of the depth and focus

Who this retreat is for..

Are you feeling drained?
This isn't just ordinary tiredness, it's a deep, persistent exhaustion that seeps into every part of your life. Beyond physical fatigue, you may experience the Identity Blur, losing sight of who you truly are under the weight of others expectations.
Decision Fatigue, the constant strain of being the family's or team's "fixer" and Emotional Flatness, a hollow sense of emptiness even when life looks perfect on the outside. Are you struggling to connect meaningfully with your children, partners, or loved ones because your own energy is depleted. Are you facing the hidden burdens of chronic stress, anxiety, overthinking, self-doubt, and the relentless pressure to meet societal or professional demands all of which slowly erode clarity, presence, and a sense of inner peace.

You are in the right place..

What You'll Gain

Our retreat is designed to move beyond temporary relief and guide you toward genuine transformation. You'll gently shift out of "fight or flight" mode and into a state of calm, receptive clarity. Through thoughtful practices, you'll uncover which parts of your life are driven by societal "shoulds" versus your true desires and self, reconnect your mind and body through movement in nature, and release emotions that have been held for years. By the end of the retreat, you'll leave with a practical plan to maintain your boundaries, self-connection, and clarity in everyday life.

This isn't just a retreat it's an opportunity to reclaim your energy, your voice, and your life.

Privacy & Confidentiality

Privacy and discretion are at the heart of Sukoon Al Noor Retreats. Every aspect of your experience is held in complete confidentiality, with no social media content, photos, or public exposure, ensuring a safe and private space for deep personal exploration and healing.

Registration & Participation

Access to Sukoon Al Noor is by private invitation only. To begin, Contact us by email or the number below to discuss if you are eligible for the retreat.

Once your application is reviewed, a private consultation will be arranged, and details of your bespoke retreat experience will be shared. Each retreat is designed for absolute discretion and dedicated attention, offering a truly transformative experience.

Lets talk