

Human Flourishing Spirituality & Science Forum Retreat

Landgut Schloss Greifenstein
9422 Thal, Switzerland
June 12 - 15, 2022

Logistics Information



We are gathering in a peaceful and natural setting in picturesque Switzerland to celebrate the culmination of our flourishing journey together.

We will integrate all the learnings from the previous sessions into an understanding of where we are in life and where to go from here from a broader spiritual perspective.

We will take away a wealth of knowledge, wisdom, and practices from

the journey and think about how we can flourish not only in our personal lives but also contribute to the flourishing of the world. We will be in a home setting where we will break bread together, take walks in nature, and enjoy the fellowship of the journey participants before we re-enter our respective lives.

N.B.: All participants are kindly asked to start and finish the retreat together and respect the flow of the spiritual and communal experience.

Venue

We will be gathering at Schloss Greifenstein in Switzerland, the home of Krueger & Lee founders Christian and Julianne. The information about Schloss Greifenstein is [here](#).

Lodging

Schloss-Hotel Wartensee
Wartensee 1
9404 Rorschacherberg,
Switzerland
Phone: +41 71 858 73 73



Email: schloss@wartensee.ch

Website: <https://www.wartensee.ch/>

Surrounded by large lush gardens with a terrace and a historic chapel, Schloss-Hotel Wartensee in Rorschacherberg offers panoramic views over Lake Constance.

Check-In & Out

Check in: June 12

We recommend participants arrive at the hotel between 2:30 and 3:00 pm. The first session will start around 4pm.

Check out: June 15

Hotel check-out is at 11:00am on Wednesday the 15th.

Meals

The meals will be provided and enjoyed in a home setting at Greifenstein, with the exception of breakfast, which will be served at the hotel.

On the day of the hotel check-in on June 12, a light soup and salad lunch will be served at the hotel after check-in.

If you have allergies or special dietary requests, please email joanna@kruegerandlee.com as soon as possible so that such requests can be accommodated.

Transportation options to and from Zurich to the Schloss-Hotel Wartensee

1. By bus:

June 12: Zurich -> Hotel

A private coach will depart the Zurich Sihlquai Busparkplatz center at 12 pm to the Schloss-Hotel Wartensee. Arrival at the hotel is expected to be around 1:30 pm.

The Zürich Sihlquai Busparkplatz is only a 3-minute walk from the Zurich main station. Here is the map's location:

<https://www.google.com/maps/place/Z%C3%BCrich,+Bus+Station/@47.3809746,8.5373094,16z/data=!4m5!3m4!1s0x0:0x27b2fc8ed2968701!8m2!3d47.3809746!4d8.5373094>

June 15: Hotel -> Zurich

A bus will depart the Schloss-Hotel Wartensee at 8 am for the Zurich airport for a planned arrival of 9:30 am.

If you would like to take this bus with us, please contact Joanna at jsafarik@kruegerandlee.com to reserve your seat.

2. By train:

Zurich – Winterthur – St. Gallen – Rorschach Hauptbahnhof (main station)

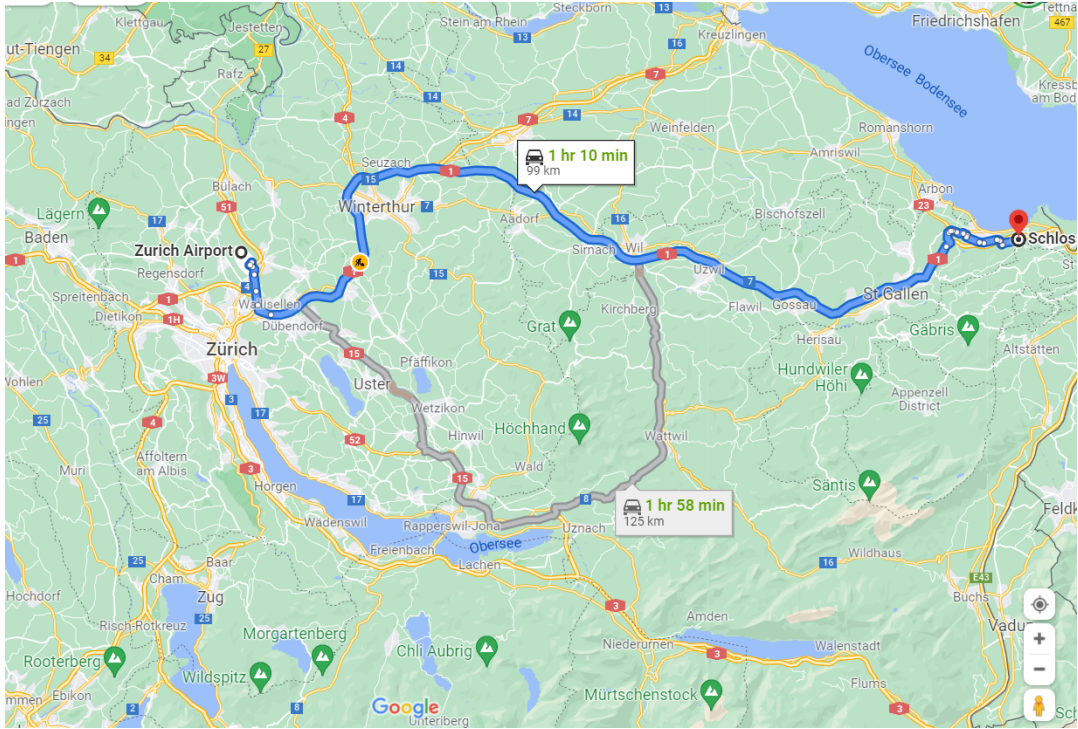
From Rorschach main station please take the little red train called “Appenzeller Bahn” from Rorschach to Wartensee Station. The hotel is close to the Wartensee station.

3. By private car:

Zürich – Winterthur – St. Gallen – exit Rorschach

The journey is a little over an hour, depending on traffic, below is the Google maps link for your convenience.

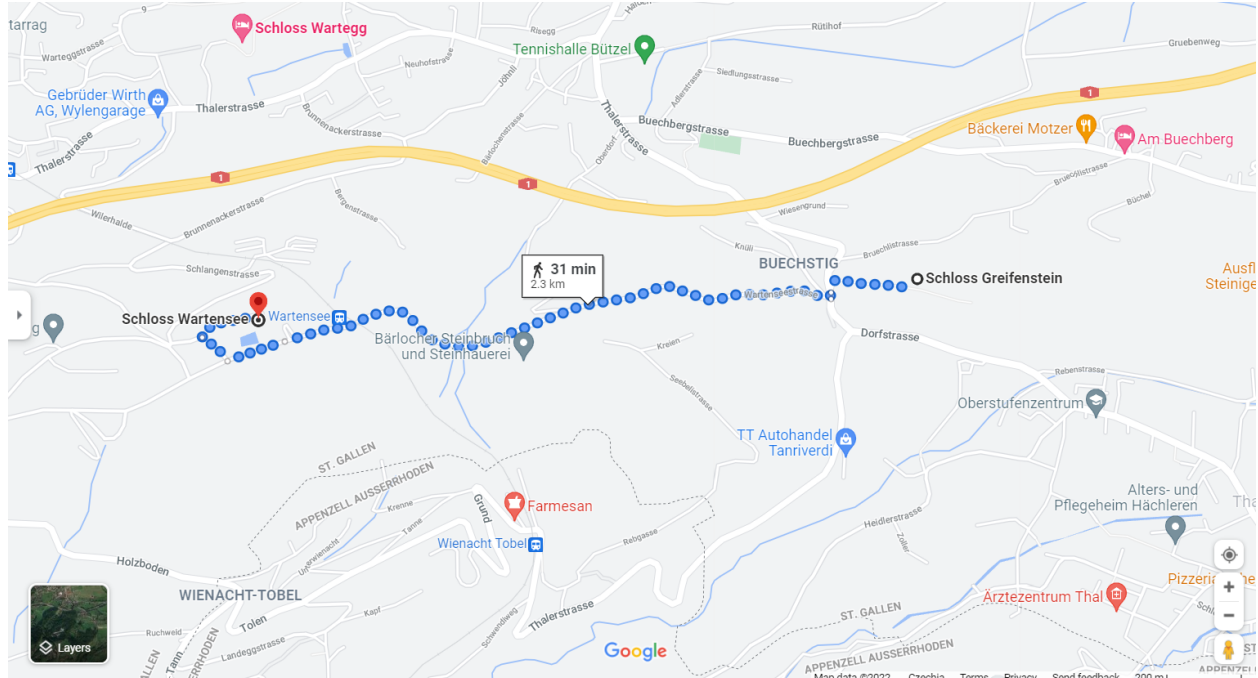
[https://www.google.com/maps/dir/Zurich+Airport+\(ZRH\),+Kloten,+Switzerland/Schloss+Wartensee,+Wartensee+1,+9404+Rorschacherberg,+Switzerland/@47.3792724,8.7612305,10z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x479075424052757d:0xc66b77d646887658!2m2!1d8.5534976!2d47.4612352!1m5!1m1!1s0x479b1a417f5f9fd7:0xec096569acb94d19!2m2!1d9.5307008!2d47.4716929!3e0](https://www.google.com/maps/dir/Zurich+Airport+(ZRH),+Kloten,+Switzerland/Schloss+Wartensee,+Wartensee+1,+9404+Rorschacherberg,+Switzerland/@47.3792724,8.7612305,10z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x479075424052757d:0xc66b77d646887658!2m2!1d8.5534976!2d47.4612352!1m5!1m1!1s0x479b1a417f5f9fd7:0xec096569acb94d19!2m2!1d9.5307008!2d47.4716929!3e0)



Transportation to and from Greifenstein Castle to the Schloss-Hotel Wartensee

A bus will shuttle participants between the hotel and the venue as needed. Alternatively, if the weather is nice and you are looking for a little exercise in a picturesque Swiss village you can walk to the venue. The journey is a little over 30 minutes depending on physical fitness. Below are Google directions.

<https://www.google.com/maps/dir/Schloss+Wartensee,+Wartensee,+Rorschacherberg,+Switzerland/Schloss+Greifenstein,+9422+Thal,+Switzerland/@47.4717044,9.532766,15z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1sox479b1a417f5f9fd7:0xec096569acb94d19!2m2!1d9.5307008!2d47.4716929!1m5!1m1!1sox479b1a77134c61ab:0xa992e87565c6e566!2m2!1d9.55439!2d47.4727!3e2>



Weather

The average temperature for June in Zurich is 16°C (61°F). The highest temperature for the month is 21°C (70°F) while the lowest temperature is 11°C (52°F).

Dress Code

We recommend casual, comfortable attire and comfortable walking shoes. A light sweater, sunscreen, a compact umbrella, and/or raincoat. We will be hiking and doing other light exercise activities, so please plan accordingly.

COVID Regulations and Restrictions

Switzerland, like all other EU countries, has evolving COVID rules and regulations when it comes to accepting visitors. General information on such regulations can be found [here](#). Alternatively, you can visit this [website](#) where upon entering some information, no data will be saved, you will be able to see what requirements apply to your specific country of departure. This is very useful as requirements vary per country and residence status.

Please check this information prior to your departure as rules will vary depending on the overall epidemic situation. We also recommend that you check the requirements of your specific country and airline as those too would be subject to enforcement.

If you are required to provide a negative COVID test prior to boarding your return flight, we recommend the testing facilities at the Zurich airport. They offer PCR, Antigen, and rapid PCR tests. Some allow for walk-ins while others require prior booking. Here is the website link for additional information.

<https://www.flughafen-zuerich.ch/en/passengers/news/corona/general-information>

Everyone's health and safety are important to us, and to that end, we will be providing rapid self-tests for all participants to be administered on Sunday afternoon in the privacy of your hotel room.

If you are feeling ill on the day of the event, we ask that you please not attend the retreat for the safety of the other members and stay in your hotel room.

Organizers' contact information

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