

POWER RETREAT

RASSA, ITALY
APRIL 10th - 14th 2026

**MEN'S RETREAT
RELEASE, RECOVERY, AND
TRANSFORMATION**

**BREATHWORK
ICEBATHS
MOUNTAIN HIKES IN SNOW
SWEATLODGE CEREMONY
FORGIVENESS & LETTING GO
SHARING & CONNECTION
INTEGRATING NEW PATTERNS
GET RE-ENERGIZED**

**KARSTEN KROON,
OSCAR BIELEVELD**
IN CO-OPERATION WITH OTRO ELEMENTS



REVIEWS

“Breathwork with Karsten, and Oscar: Grateful! They know how to bring together a group of beautiful, open-hearted men. Powerful guidance. Meaningful connections. Deep experiences. Life force energy. I’ve done a lot already, but this might just have been the most beautiful of all.” Eelco

“A retreat that brought me more beauty and depth than I could have imagined. The expertise and warmth of the professional guidance. The depth and authenticity of the breathwork sessions and cold therapy. The unique connection that forms within the group — still tangible even after the retreat. A formula that brings you (even) closer to yourself, (even) more into the moment, and (even) more connected to the people around you. In one word: WOW. And something I would wholeheartedly recommend to anyone, no matter what phase of life you're in. So: go for it!” Anders

“A truly life-changing event, provided by a stellar team of sincere breathwork boys. Enjoy!” Antony

“The breathwork, cold water, and sweat lodge program by Karsten and Oscar was incredible — in one word: amazing. Beautiful sessions, exceptional guidance, a top-notch location, and a truly wonderful group. Highly recommended if you want to feel good — really good.” Marco

Breathwork: Awakening the Body, Releasing the Past

Harness the power of your breath to regulate your nervous system, unlock stored emotions, and access heightened states of clarity and awareness. Through guided breathwork journeys, you'll connect to deeper layers of self and actively change your state of being. Let your breath become your guide back to presence, power, and to being fully alive.

Ice Baths as a Portal to Transformation

Embrace the transformative impact of an ice bath as a healing reset for your entire system. Discover how mentally overcoming physical discomfort builds resilience, confidence, and life force energy. Be amazed and find how easy it is to expand your limits when you stop fighting and accept what is. An immense power will rise in you.

Sweatlodge Ceremony

Take part in an ancient Lakota sweat lodge tradition, guided by Kristofer — a profound purification ritual that creates a safe, sacred space for physical release, emotional healing, and acceptance. Experience the healing power of the group, the darkness, the drums, the chanting, and the heat.

Meditation & Forgiveness:

Soften the grip of old stories. Through guided meditations and forgiveness rituals, you'll be invited to let go of what no longer serves you and make space for a new way of being. Whether it's forgiving others or forgiving yourself, this practice is a return to inner peace — a quiet revolution that opens the heart and reclaims lost energy.

Reflection, Sharing Circles, and Connection

Be part of group and one-on-one reflection sessions, where you can share openly, honestly, and without judgment. We create a supportive space where vulnerability is embraced as a source of masculine strength and deep connection. Learn from one another — at our core, we all struggle with the same challenges.

What to Expect:

- A beautiful remote location in the Italian mountains
- No phone, no alcohol, no watches
- Professional guidance from experienced coaches
- A group of like-minded men walking the same path
- Beautiful hikes with snow shoes, guided by our mountain guide
- Nourishing Italian food that supports and energizes your body
- A holistic approach focused on balancing body, mind, and soul

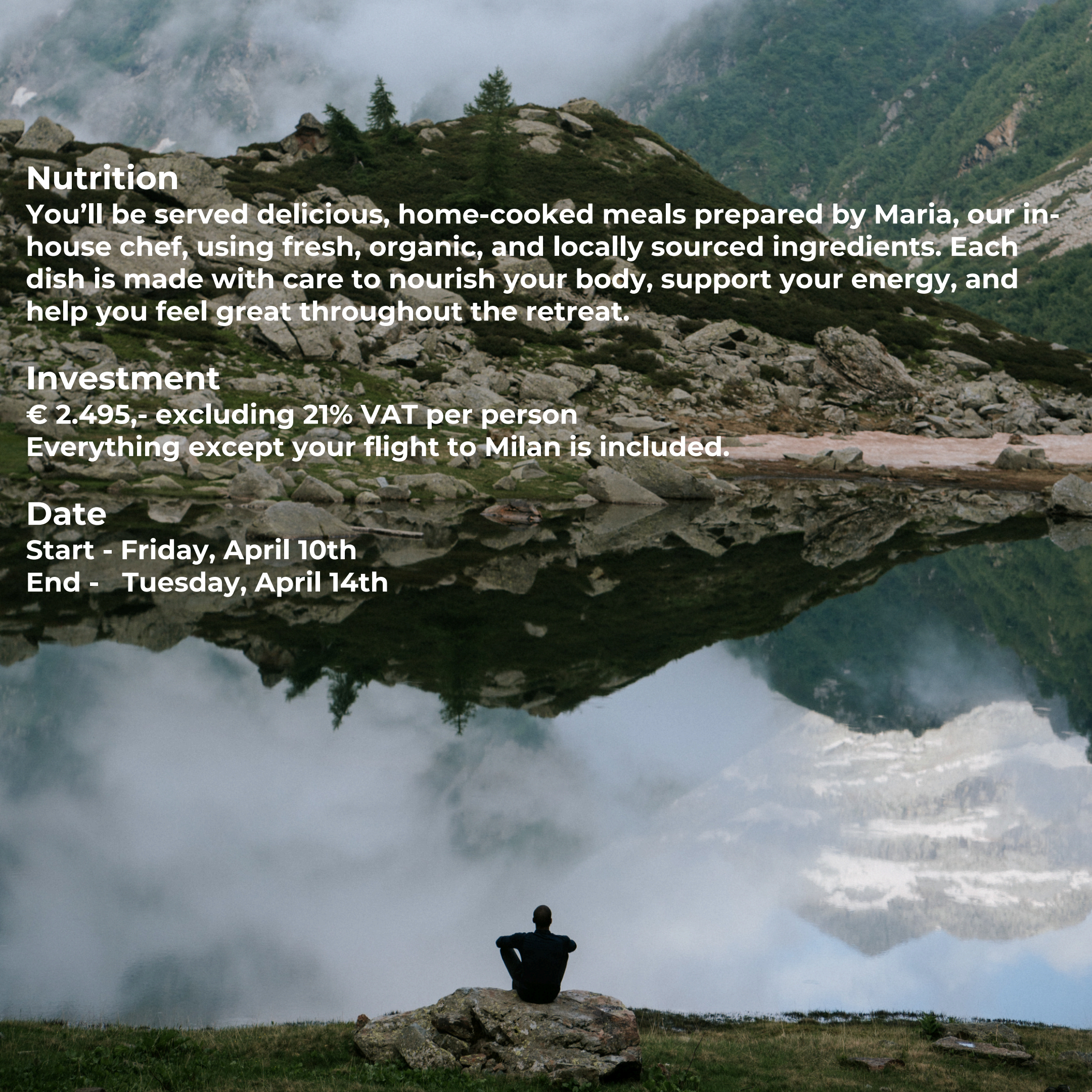
What You'll Take Home:

- A deeper sense of inner peace, presence, and mental clarity
- Practical tools to shift your state and reconnect with yourself
- A renewed and energized feeling
- Deep and meaningful new connections
- Access to a community of like-minded men

Accomodation

The retreat takes place at a remote mountain lodge, 3 hours walking from our drop off point. At Alpe Salvaccia, located in the mountains closest to the little village of Rassa, we won't meet other people. The mountain lodge offers big shared sleeping rooms, a natural pool, fireplaces, and great food. From here, we will enter deeper into the mountains for amazing hikes with our private mountain guide. We provide thermal sleeping bags for everyone, as well as snow shoes for the hikes.



A person is sitting on a large, dark rock in the foreground, looking out over a calm body of water. The water perfectly reflects the surrounding landscape, which includes a rocky, moss-covered mountain slope with a few evergreen trees, and distant, misty mountain peaks. The sky is overcast and grey. The overall scene is serene and majestic.

Nutrition

You'll be served delicious, home-cooked meals prepared by Maria, our in-house chef, using fresh, organic, and locally sourced ingredients. Each dish is made with care to nourish your body, support your energy, and help you feel great throughout the retreat.

Investment

€ 2.495,- excluding 21% VAT per person
Everything except your flight to Milan is included.

Date

Start - Friday, April 10th

End - Tuesday, April 14th









Oscar Bieleveld

Ten years ago, I was introduced to breathwork by Wim Hof (The Iceman). What started as a workshop in Amsterdam, led just six months later, to climbing Mount Kilimanjaro wearing nothing but shorts.

The calm mind, clear focus, and sparkling energy I discovered through breathwork stayed with me. I became a Wim Hof instructor and a year later I also completed a dedicated breathwork coach course at another breathwork institute. This is where I have also learned to work with trigger points on the body.

Since then, breathwork has had a profound impact on my personal life. It has helped me step into my power, quiet my mind, release stress, trust and let my energy flow freely. Resulting in positive transformation.

I founded BreathworkCoach.nl and co-founded Kingfishers, as I love it to share the power of our breath with teams and individuals, who are also eager to become more conscious, let go of old fears, step into their power, and create their best life possible.

I have coached over 1,000 people, varying from private- to incompany settings, as well as multiple-day leadership retreats in Italy, The Netherlands and Africa.

Together with my 12 year old daughter Guusje, I live at the Beach in Zandvoort



Karsten Kroon

I was born in Dalen, a small village in the northeast of the Netherlands. As a child, I was full of energy and loved nothing more than being outside or playing sports. After finishing high school, I began studying in Groningen — but a few years in, I followed my heart, quit university, and pursued a career as a professional cyclist.

One of the biggest highlights of my athletic journey came on July 14th, 2002, when I won a stage in the Tour de France — during my very first appearance. At age 38, I rode my final race in Japan. Not long after, I went through a divorce and began a deep personal search for balance and meaning in my life. I started working as a sports commentator for Eurosport, began renovating my farmhouse, and explored ways to make peace with everything I had experienced — and above all, to find inner calm.

To my surprise, one of the most powerful tools I discovered had been with me all along: my own breath. Fascinated by this realization — and feeling a strong pull to learn something new — I trained to become a breathwork coach. Since 2019, I've primarily guided groups toward greater body awareness and expanded states of being. By now, I've helped thousands of people on this same path.

From top athlete to breath coach — my deepest mission is to introduce others to the power of their own breath. I'm married to Alice and a proud father to three beautiful daughters: Sam, Lene, and Noor.



Interested and want to know more?

**Registration happens through an intake conversation.
Get in touch with us!**

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Pictures by Otro Elements