

WORK WITH ME

Signature meditation experiences for luxury resorts, spas and retreat venues

Certified Meditation Teacher. Meditation sessions for international guests in English and German. No prior experience needed.



01 Guest Experiences

FLAGSHIP

Awareness Meditation Immersion 2–7 day flagship program with meditation and awareness yoga.

Open Meditation Class everyone is welcome, from beginners to advanced meditators.

Calm & Clarity grounding practice to slow down and reconnect.

Sleep Reset evening meditation to unwind and prepare for deeper rest.

Private & Couple Sessions tailored guidance for individuals or two guests.

02 Formats

Daily guest classes • Private and couple sessions •

Small groups • 2–7 day immersions •

2–3 day retreats • Awareness yoga

03 What your property gets

- Custom guest formats that integrate into spa menus and retreat programs
- A certified meditation teacher from the Tergar tradition
- Flexible formats

04 About Maren

Maren Brandt is a certified Tergar meditation teacher, listed by Tergar International. She completed the Meditation Teacher Program in 2024 and has practiced daily for many years. She has led a practice group for more than six years and supports other teachers.

Her practice is grounded in retreats, stays at Osel Ling Monastery in Kathmandu and a solitary retreat at Gampo Abbey in Cape Breton, Canada.



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