

Info & FAQs

Tango Retreat

with Maude at Hof Pegasus
from October 23 to 25, 2026

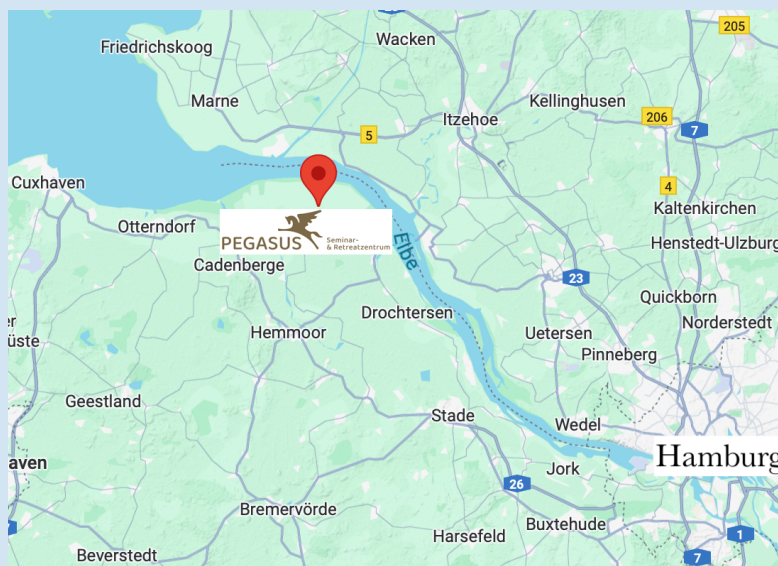


Location

Hof Pegasus
Seminar center & retreat location
Near Cuxhaven, Lower Saxony

Pegasus
Seminarhaus GmbH
21732 Krummendeich

More Info: hof-pegasus.de



Journey to destination

Car:

- Easily accessible via the A27/A23
- Parking spaces are available on site

Public transportation:

- Nearest train station: Bahnhof Cadenberge
- Recommendation: Taxi from the train station (approx. €12)

Accommodation

Check-in is possible from 4 pm.

Room types:

- Single room
- Double room

The rooms can be booked with or without a private bathroom.

Available on site:

-  Sauna
-  Relaxation room
-  Sofa room / Lounge
-  Large garden and outdoor areas for breaks and relaxation

Catering

- Breakfast, lunch, and dinner
- Vegetarian
- Coffee, tea, and beverages are available throughout the day, as well as a seasonal fruit basket.

Booking

Retreat fees:

- To pay directly to Maude

Room:

- Please book directly with Hof Pegasus
- After registration, a booking link will be sent by email

Equipment and materials on site

The course takes place in the large main room "Hautpraum" of Hof Pegasus, a bright, warm room with wooden floors, ideal for dancing, movement, and relaxation.

The following are available:

- Yoga mats
- Yoga blocks
- Blankets
- Meditation cushions

! Cancellation policy & costs:

Retreat costs:

- Up to 2 months before the start: free of charge
- Cancellation up to 30 days before the retreat: 50% refund
- Cancellation up to 14 days before the retreat: 25% refund
- No refund possible after that
- Places are non-transferable and therefore cannot be passed on to third parties.

Accommodation costs:

- Up to 4 months before the start date: free of charge
- After that: €55 processing fee
- In the month before the start date: €55 per day booked
- From 3 days before the start date: €90 per day booked



Program & Day Plan

FRIDAY	SATURDAY	SUNDAY
	8:30 - 8:50 am: ✨ Meditation (optional)	8:30 - 8:50 am: ✨ Meditation (optional)
	🍽️ 8:30 - 10:00 am: Breakfast	🍽️ 8:30 - 10:00 am: Breakfast
Arrival & Check-In to the room 👜 Possible from 4:00 pm	10:00 - 11:00 am: 2. Session 🧘 Fascia training for your Tango 11:15 - 12:45 pm: 3. Session 🧘 Tango technique: Focus on feet & legs	10:00 - 11:00 am: 6. Session 🧘 Ballet for your Tango 11:15 - 12:30 pm: 7. Session 🧘 Tango technique: complex figures & adornos
5:15 - 6:00 pm: Welcome Round 🧘 Getting acquainted & personal reflection	🍽️ 1:00 - 3:00 pm: Lunch & Break 3:00 - 4:30 pm: 4. Session 🧘 Tango technique: clean basics	12:30 - 1:00 pm: Closing Circle 💖 Reflection & Farewell 🍽️ 1:00 pm: Lunch & Departure
6:00 - 7:50 pm: 1. Session 🧘 Stretching & Mobility	☕ 4:30 - 5:30 pm: Coffee & Tee 5:30 - 6:45 pm: 5. Session 🧘 Yoga & Relax	
🍽️ 7:00 pm: Dinner 🕯️ Wind down & chatting in the sofa room 🧘 or sauna	🍽️ 7:00 pm: Dinner 🕯️ Wind down & chatting in the sofa room 🧘 or sauna	

There are a few slots available for private lessons. Reservations can be made directly with Maude: maude_andrey@hotmail.com

? FAQs

1. Do I need to have dance experience?

- It is advantageous to already have some experience with tango. However, the sessions are designed so that dancers of all levels can participate. No previous experience is necessary for all other sessions, such as ballet, fascia training, yoga, or stretching. Everyone can participate and benefit from the retreat!

2. Who is this retreat suitable for?

- The retreat is aimed at anyone who fancies an inspiring weekend full of dance, relaxation, wellness, encounters, exchange, and self-reflection, and who wants to slow down and recharge their batteries for three days in nature.
- The focus in tango is on the following role, but all dancers, regardless of their role, are welcome to participate.

3. What should I bring to the retreat?

- Comfortable clothing for the sessions
- Flat and/or high heels dance shoes
- Ballet slippers or socks
- If available: Heel protectors to protect the wooden floor: [Link heel protectors](#)
- Optional: Diary, writing materials
- Yoga mats, meditation cushions, and other materials for yoga and relaxation are available on site.

4. How does the payment work?

- Retreat fees directly to Maude
- Accommodation via Hof Pegasus (The link will be sent after registration.)

5. Can I stay longer or arrive earlier?

- Please contact Hof Pegasus directly.

 **Further information & registration:**

<http://maudeandrey.com/tango-retreat-en.html>

Impressions:

