

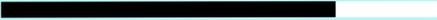
EDUCATION

Bachelor in Commerce and Trade
Handelsakademie München

Business Coach
CIP München

SKILLS

Cooking



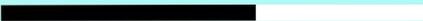
Surfing



Yoga



Meditation



Coaching



TO DO LIST

- Get barreled
- Find a way to prevent Burn Out
- Live on a little Fijian Island, learn to spearfish, climb coconut trees, live of the environment
- Join an organization to clean the Ocean
- Adopt a street dog
- Silent retreat
- Panamericana in a Van
- Build a successful business
- Dance Salsa&Bachata in Havana, Cuba
- Learn to paint and take pictures

STEFANIE HOELZL

OWNER OF BLU HOUR RETREAT

ABOUT ME

I was born 1981. I am the Founder and Owner of Blu Hour Retreat currently based in Berchtesgaden. I am crazy about surfing (and everything that comes with it), preparing healthy delicious food and I am devoted to personal growth. Whilst traveling and living in Costa Rica I have learned to enjoy a simple life close to nature and found true happiness in the slowness of daily life. My goal is it to inspire women (and hopefully men as well one day) to live a life full of passion and excitement.

WORK EXPERIENCE

Sabbatical

Around the World

Travel life: Spain, Singapore, Indonesia, Australia, New Zealand, Fiji, Hawaii, Costa Rica

Head of Division Management, Marc O'Polo

Stephanskirchen, Germany

Fashion Industry, responsible for creation, planning and concept of the Marc O'Polo Men collection

Surf Instructor/Server

Dominical, Costa Rica

Following my heart to Costa Rica, living a life close to the Ocean, surf and meditate every day. Start over again in a new country, in a new culture and a new language.

Server

Banff, Canada

Spending time in the Rocky Mountains, learn to River Surf. Canadian Summers & Costa Rican Winters for 2 years.

Owner of Blu Hour Retreat

Berchtesgaden Germany

Building my dream company to support women to live a life that excites them and in addition prevents from burning out.

ABOUT ME

Favorite book

The Subtle Art of Not Giving a F*ck,
Mark Manson

The Power of Now, Eckhart Tolle

Favorite quote

"Yes, I plan on surfing for the rest of my life."

"Set goals that scare you and excite you at the same time."