

Program Mountain Spirit Yoga Retreat

31ST AUGUST – 4TH SEPTEMBER 2025

RECONNECT WITH NATURE

This retreat is for you if you want to strengthen yourself, reduce physical and mental stress, and explore longevity.

BENEFITS:

- _Connection with nature and your inner self
- _Release of physical and mental tension
- _Increased oxygen saturation in blood and cells
- _Optimized metabolism
- _Release of happiness hormones
- _Strengthened immune system, body, and mind
- _Sustainable effect: enhanced resilience to stress

Guided meditations and walking meditations promote clarity and deep relaxation. The retreat includes eight progressive sessions with lasting effects.

In the mornings, a Vinyasa yoga practice suitable for all levels – combined with breathing techniques and meditation – helps relieve tension, ease discomfort, and stimulate the metabolism. Weather permitting, sessions take place on the mountain (incl. gondola ride) or on a forest yoga platform (forest bathing).

In the afternoons, relaxing restorative yoga supports stress relief and stabilizes the nervous system – on the hotel's terraces in the valley with views of the surrounding mountain landscape. Yoga sessions are led by Dr. Nicole Rettenwender. More information: www.YogabyNicole.de

Between sessions, there are opportunities for hikes to mountain peaks with impressive panoramic views and visits to cozy alpine huts. Additionally, the Krallerhof's in-house 5-star spa offers excellent detox treatments, immune system support, and deep relaxation – available individually or as packages.

SUNDAY 31.8.**INDIVIDUAL ARRIVAL**

Check-In possible from 3.00 p.m.

4.15 P.M.

ERSTES KENNENLERNEN

Meeting point: ATMOSPHERE terrasse (Café am See)

4.30–6.15 P.M.

WELCOME-YOGA-SESSION

Please bring your own yoga mat, blanket, and bolster.

If the weather is good, the session will take place on the terrace – a warm jacket is recommended.

7.00 P.M.

WELCOME DRINK

at Glocke.Die Bar

7.30 P.M.

GROUP DINNER

at the hotel restaurant

If you wish to dine individually, please inform the Krallerhof.

MONDAY 1.9.

8.00–9.00 A.M.

BREAKFAST

9.20 A.M.

MEET IN THE LOBBY

Distribution of lift passes

9.30 A.M.

MOUNTAIN ASCENT

with the Steinbergbahn to the Asitz

10.15 A.M.–12.15 P.M.

MOUNTAIN SPIRIT YOGA SESSION

on the Asitz terrace (bring sun protection)
with a stunning panorama

AFTERWARDS

FREE TIME

Individual return to the hotel

4.45–7.45 P.M.

RESTORATIVE YOGA

Relaxation on the ATMOSPHERE terrace

7.30 P.M.

GEMEINSAMES ABENDESSEN

TUESDAY 2.9.

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| 8.00–9.00 A.M. | BREAKFAST |
| 9.20 A.M. | MEET IN THE LOBBY
Distribution of lift passes |
| 9.30 A.M. | MOUNTAIN ASCENT
with the Steinbergbahn to the Asitz |
| AFTERWARDS | 15-MIN WALK TO THE PLATEAU |
| 10.15 A.M.–12.15 P.M. | MOUNTAIN SPIRIT YOGA SESSION
on the yoga plateau (bring sun protection)
with a breathtaking panorama |
| FOLLOWED BY | SHARED SNACK AT THE “ALTENSCHMIEDE” |
| AFTERWARDS | FREE TIME |
| 4.45–5.45 P.M. | RESTORATIVE YOGA
on the ATMOSPHERE terrace |
| 7.30 P.M. | GROUP DINNER |

WEDNESDAY 3.9.

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| 7.30–9.15 A.M. | YOGA SESSION
ATMOSPHERE indoor or outdoor |
| 9.30 A.M. | GROUP BRUNCH |
| | DAY TO RELAX
Spa, swimming, hiking, golfing, etc. |
| 4.45–5.45 P.M. | RESTORATIVE YOGA
ATMOSPHERE indoor or outdoor |
| 7.15 P.M. | GROUP DINNER |

THURSDAY 4.9.

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| 7.30–9.15 A.M. | FINAL YOGA |
| 9.30 A.M. | GROUP BRUNCH |
| BY 11.00 P.M. | CHECK-OUT
Spa access remains available afterwards |