



AT-Yoga-Balance-Week

movement | relaxation | balance

12.03.2023 - 26.03.2023



Roll out your yoga mat, take a deep breath and calm down.

The feeling of ease and relaxation...

A week full of impulses. A week full of vitality.

AT- Yoga & Balance - Week

Each program point or unit can be attended individually.

All yoga and relaxation sessions take place in the movement room.

We ask for registration at the reception within 7.00 pm the previous day.

Sunday

- 3.00 pm: Relaxation techniques with Nadine
- 5.00 pm: Yoga "Arrive & Relax".
- 7.00 pm: We invite you to an aperitif in the hotel lobby.
Presentation of the AT- Yoga & Balance Week with Spa Leader Magdalena

Monday

- 9.00 am: Morning Yoga
- 2.00 pm: Workshop Pranayama
Learn different breathing techniques for balance and for your well-being
- 3.00 pm: Yoga "Classic Asanas"
- 9.30 pm: Dreams Meditation in the Panorama Relaxation Room with Manuela and Ira

Tuesday

- 9.30 am: Wellness with Kneipp
*A special kind of workshop with steam bath peeling, Selfmade foot reflex massage, face pack and much more.
Learn from our spa staff simple tips for Kneipp wellness treatments to strengthen the immune system at home*
- 3.00 pm: Yoga "Balance"
- 6.00 pm: Chakras meditation



Wednesday

- 9.00 am: Morning Yoga
- 3.00 pm: Yoga workshop "healthy back"
Learn different asanas for a healthy and upright back
- 6.00 pm: Yoga Nidra

Thursday

- 9.00 am: Morning Yoga
- Detox day with E&M vital
- 10.00 pm Lecture with Bernadette Ensfellner:
"Detox ABC for more life energy" in the movement room
- 12.30 pm Possibility of a vital check by means of Vieva pro of the company E&M vital
for an extra charge - for participants of the AT-Yoga & Balance weeks 60,-€ instead of 120,-€ | registration at the reception until Wednesday 7.00 pm
- Health is measurable**
Vieva Vital Analysis is a holistic diagnostic principle based on the body's own vibrations of the bioresonance of our cells. The test provides a holistic overview of the function and condition of the body. In addition, its metabolic situation and nutrient requirements are determined.
- 5.00 pm: Yin Yoga with sound bath

Friday

- 8.00 am: Morning Yoga
- 10.30 am: "Sauna & Relax" - special sauna experience hours with the positive influence of the 4 elements to balance body, mind & soul
- 10.30 am: *Element air*
...we burn incense and balance our meridian pathways.
- 11.00 am: *Element earth*
...Rasul ritual in the panorama sauna.
- 12.00 pm: *Element water*
...singing bowl ritual in the panorama sauna.
- 1.00 pm: *Element fire*
...sauna ritual fire connection to heart
- 3.00 pm: Yoga "Stability"
- ## Saturday
- 8.00 am: Morning Yoga
- 10.30 am: Sauna ritual "Detox yourself free".
A special sauna ritual with incense & breathing techniques to free yourself from waste products on all levels
- 3.00 pm: Yoga " Strength from your center".
- 6.00 pm: Meditation " Forest Power"



Bernadette Ensfellner

was born in Austria in 1959 and has been a fasting and health consultant since 1998, as well as a producer of organic natural products and an author.

Ms. Ensfellner has acquired over the years an enormous knowledge as well as extensive experience of disease and the urgent measure of internal body cleansing from a naturopathic point of view.

Look forward to the lecture on the topic "ABC of Detox for more life energy" and the "Vitalcheck" on Thursday at 10.00 am in the movement room.



Small Yoga Encyclopedia

Pranayama

"Prana" means energy, "Ayama" means "control". With the help of the breathing exercises we learn to consciously control our breath - and thus to activate our life energy and to make it flow.

Asanas

"Asana" is the Sanskrit word for sitting or posture. Generally speaking, asana means to hold a particular posture for an extended period of time in a comfortable and relaxed manner. Asanas have a profound effect on the body and mind. Unlike most gymnastic exercises, asanas are performed slowly to allow the conscious sensing of the movement.

Chakras

The chakra teaching is a philosophy and meditation system originating from India, which deals with energy centers. Chakras are subtle energy vortices inside and outside the body, have therefore just as little as the soul any organic seat. With chakra the connection points between the body and the astral body (energy body, invisible shell) of the human being.

Nidra

Yoga Nidra or sleep of yoga - half meditation (yoga), half sleep (nidra); a state between sleep and wakefulness; Yoga Nidra is a yoga technique from the Tantric tradition that allows access to deep layers of consciousness relaxation and conscious sleep to access deep layers of consciousness. Yoga Nidra is a systematic method to achieve complete mental, emotional and physical relaxation.

