

Program Mountain Spirit Yoga Retreat

30TH AUGUST – 3RD SEPTEMBER 2026

CONNECT WITH NATURE

This retreat is for you if you wish to build strength and reduce stress in both body and mind.

BENEFITS:

- _Connection with nature and with yourself
- _Letting go of physical and mental stress
- _Increased oxygen saturation in the blood and cells
- _Optimisation of metabolism
- _Release of happiness hormones
- _Strengthening of the immune system, body and mind
- _Sustainable effects: increased resilience to stress

Guided meditations and walking meditations promote clarity and deep relaxation. The retreat includes eight consecutive sessions designed to create lasting effects.

In the morning, a yoga practice suitable for all experience levels – combined with breathing techniques and meditation – helps release tension, alleviate discomfort, and stimulate metabolism. In favourable weather conditions, the practice takes place on the mountain (including gondola ride) or on a yoga platform in the forest (forest bathing).

In the afternoon, relaxing Restorative Yoga supports stress reduction and stabilises the nervous system – on the hotel terraces in the valley with views of the surrounding mountains. The yoga sessions are led by Dr. Nicole Rettenwender. More information at: www.YogabyNicole.de

Between yoga sessions, there is the opportunity for hikes to the mountain peaks with impressive panoramic views and stops at cosy mountain huts. In addition, the Krallerhof offers excellent treatments in its in-house 5-star SPA for detoxification, strengthening the immune system, and deep relaxation – available individually or as part of a package.

KRALLERHOF

SUNDAY 30.8.

INDIVIDUAL ARRIVAL

Guaranteed room check-in from 3.00 pm

4.30–6.15 pm

ARRIVAL & INTRO

Relaxation yoga, grounding,
feeling nature, eye contact

Meeting point: Yoga Room ATMOSPHERE

MONDAY 31.8.

8.00–9.30 am

MORNING YOGA SESSION

Walking around the lake, feel the nature,
breathing & meditation

Meeting point: Yoga Room ATMOSPHERE

Afterwards

BREAKFAST

IN CASE OF RAIN

8.00–9.00 am

BREAKFAST

9.20 am

SHARED ASCENT TO THE ASITZ

Distribution of lift tickets and
ascent with the Steinberg cable car

Meeting point: Hotel lobby

10.15 am–12.00 pm

MOUNTAIN SPIRIT YOGA SESSION

on the Asitz terrace (please bring sun protection)
with magnificent panoramic views

IN CASE OF SUN

4.45–5.45 pm

RESTORATIVE YOGA &

BACK BENDING FLEXIBILITY

Meeting point: Yoga Room ATMOSPHERE

TUESDAY 1.9.

8.00–9.30 am

MORNING YOGA SESSION

Breathing, Pranayama, Morning Flow heart-opening
yoga, meditation

Meeting point: Yoga Room ATMOSPHERE

Afterwards

BREAKFAST

IN CASE OF RAIN

8.00–9.00 am	BREAKFAST
9.20 am	FOREST YOGA Meeting in the lobby, walk into the forest for forest yoga

4.45–5.45 pm	RESTORATIVE YOGA & SHOULDER MOBILITY Meeting point: Yoga Room ATMOSPHERE
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WEDNESDAY 2.9.

8.00–9.00 am	BREAKFAST
9.20 am	SHARED ASCENT TO THE ASITZ Distribution of lift tickets, ascent with the Steinberg cable car Meeting point: Hotel lobby
Afterwards	15-MINUTE WALK TO THE PLATEAU
10.15 am–12.15 pm	MOUNTAIN SPIRIT YOGA SESSION on the plateau (please bring sun protection) with magnificent panoramic views
Afterwards	SHARED LUNCH (KAISERSCHMARRN) at the AlteSchmiede
4.45–5.45 pm	RESTORATIVE YOGA & HIP MOBILITY Meeting point: Yoga Room ATMOSPHERE

THURSDAY 3.9.

7.30–9.00 am	FINAL YOGA SESSION Breathing, Pranayama, Invite More EASE in Your Life II & Meditation II
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SPECIAL MOUNTAINSPIRIT:

If weather conditions permit, two of the morning yoga sessions will take place on the mountain. We will take the gondola from the hotel up the mountain. Yoga in the summit region with breathtaking views and spirit. One session will take place in the forest if the weather allows.

SPECIAL LAKESPIRIT:

Whenever temperatures allow, the remaining sessions will take place outdoors by the lake. Otherwise, the wonderful yoga room in the high-end ATMOSPHERE area will be available.