Bălance
SOUL STUDIOS

×

KRALLER
HOF

REFORMER PILATES RETREAT

A Journey into *Regeneration* & Longevity

Five days of movement, rest and mindful time out
amid the mountains of Leogang.

18 – 22 November 2026

HOTEL KRALLERHOF · LEOGANG · AUSTRIA

SLOW DAYS EDITION

WELCOME

Balance for Body & Soul

BALANCE SOUL STUDIOS
× HOTEL KRALLERHOF

Five days devoted to *pausing* – Reformer Pilates in the morning and afternoon, the quiet expanse of the mountains in between, time for wellness, and evenings that linger.

This **BALANCE** retreat combines the precise, strengthening work on the Reformer with the regeneration and longevity world of the 5-star refuge **KRALLERHOF**. Each day follows a calm rhythm of movement, recovery and time together – enough structure to feel supported, enough space to truly arrive.

Our Slow Days Edition at the Krallerhof, just before Advent, puts warmth and mindfulness centre stage: a steaming sauna after the morning sessions, a mountain-hut evening under the stars, and a cosy alternative for every step outdoors, should the weather have other plans.

WHAT AWAITS YOU

Reformer & Mat Pilates

Eight guided sessions throughout your stay: Reformer classes, plus one Mat Pilates session and one stretching class.

Regeneration

A spa like no other, a heated 50-metre outdoor pool, soothing massages and the Krallerhof's longevity recovery treatments.

Nature & Community

Mountain hikes, ice bathing, a hut evening with fondue and inspiration for a long, healthy life. A longevity menu every evening.

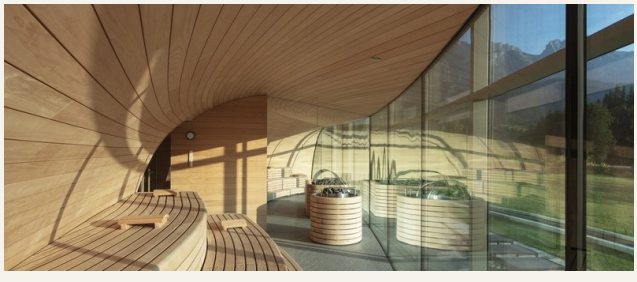
PLEASE BRING

Sportswear, sturdy hiking boots, warm outdoor clothing and swimwear. Grippy socks are provided.

HERE FOR YOU ON SITE

Brigitte Adrian-Schroeder
Magdalena Mandl

We look forward to sharing this time with you.





PROGRAMME · DAY 1 – 2

Arrive & Unwind

18 – 19 NOVEMBER

EARLY & LATE GROUP

Where two Reformer sessions follow back to back, we split the group – you join either the early or the late session. Mat Pilates and stretching we always enjoy all together.

Wednesday 18 NOVEMBER

15:00	Arrival & check-in *Time to settle in at the Krallerhof*
16:00	Get-together & introduction to the retreat programme by Brigitte Adrian-Schroeder, CEO Balance Group · Fieberbrunn Room Keynote: “Make your stay Longevity” with Michaela Altenberger, Head of Regeneration & Longevity
17:00	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
18:00	Reformer Pilates session (45 min) LATE GROUP
19:30	Dinner together & relaxed evening

Thursday 19 NOVEMBER

7:45	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
8:45	Reformer Pilates session (45 min) LATE GROUP
9:45	Breakfast together
11:00	Hike to the Birnbachloch with hiking guide Sandra · Meeting point: reception
from 14:30	Light lunch at the hotel restaurant *afterwards time for spa & regeneration in the Krallerhof spa worlds*
16:30	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
17:30	Reformer Pilates session (45 min) LATE GROUP
19:30	Hut evening at the Kralleralm with fondue & traditional “Hutessen” hat-grill dinner

PROGRAMME · DAY 3 – 4

Deepen & Strengthen

20 – 21 NOVEMBER

Friday 20 NOVEMBER

7:45	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
8:45	Reformer Pilates session (45 min) LATE GROUP
9:45	Breakfast together
11:30	Talk: “Make your life lymphatic” Sigrid Kopp, Founder ILUMAA · Fieberbrunn Room *afterwards time for spa & regeneration in the Krallerhof spa worlds*
from 14:30	Light lunch at the hotel restaurant
16:00	Mat Pilates session for everyone ALL TOGETHER Nitsch Room · Refugium Spa *afterwards time for spa & regeneration in the Krallerhof spa worlds*
19:30	Dinner together

Saturday 21 NOVEMBER

7:45	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
8:45	Reformer Pilates session (45 min) LATE GROUP
9:45	Breakfast together
11:00	Ice bathing in the natural lake ATMOSPHERE incl. introduction and meditation · with yoga teacher Sandra *afterwards time for spa & regeneration in the Krallerhof spa worlds*
from 14:30	Light lunch at the hotel restaurant
16:00	Reformer Pilates session (45 min) EARLY GROUP followed by a short break
17:00	Reformer Pilates session (45 min) LATE GROUP *afterwards time for spa & regeneration in the Krallerhof spa worlds*
19:30	Dinner together

PROGRAMME · DAY 5

Stretching, Breakfast & Farewell

22 NOVEMBER

Sunday 22 NOVEMBER

8:00	Mindful Morning · Stretching Session ALL TOGETHER Balance Group · Nitsch Room · Refugium Spa	
9:45	Breakfast together	
11:00	Check-out & departure *heading home calm and recharged* The spa remains open to you on your day of departure.	

SO YOU FEEL COMPLETELY AT EASE

Your time, your rhythm

We would love for you to join every part of the programme – and yet everyone has their own rhythm. These days are entirely yours: take what does you good and allow yourself a break whenever you need it. Travelling partners who are not taking part in the retreat programme are warmly invited to join us on the hikes and for meals.

Everyone can, no one must.

INCLUDED IN THE PRICE

Look forward to ...

- 5 days / 4 nights
- Lunch and dinner (multi-course menu)
- Daily magnesium-glycine cocktail
- Guided Reformer and Mat sessions
- Talks & keynotes
- Hike and ice bathing
- Hut evening at the Kralleralm
- Voucher for a cryo session (Refugium)
- Voucher for an infrared session (Refugium)
- Goodie bag
- On-site hotel parking

A LITTLE THANK YOU

Your Goodie Bag

Look forward to a premium goodie bag – lovingly packed with:

- Cosmetics
- Supplements
- Grippy socks
- Care products
- … and more

GOOD TO KNOW

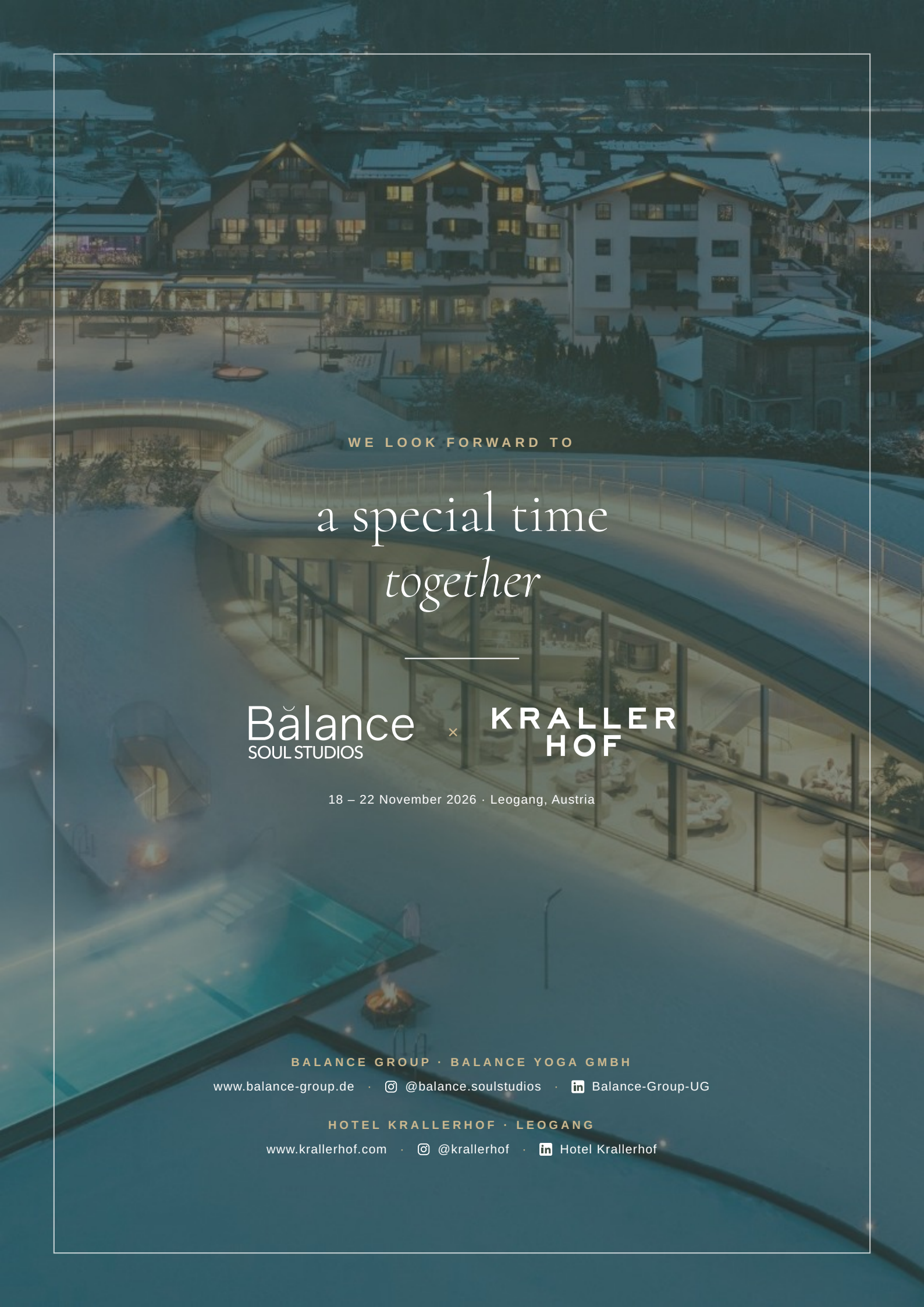
Sauna from 9:00

From 9:00 the sauna is ready for you – ideal for a first round after your Pilates session and before breakfast.

FLEXIBLE IN ANY WEATHER

An alternative for every outdoor activity

Hikes, ice bathing & more take place outdoors in good weather – otherwise an indoor alternative is ready.



WE LOOK FORWARD TO

a special time *together*

Bălance SOUL STUDIOS × KRALLER HOF

18 – 22 November 2026 · Leogang, Austria

BALANCE GROUP · BALANCE YOGA GMBH

www.balance-group.de · @balance.soulstudios · Balance-Group-UG

HOTEL KRALLERHOF · LEOGANG

www.krallerhof.com · @krallerhof · Hotel Krallerhof