

Program

Mountain Spirit

Yoga Retreat

AUGUST 25–29, 2024

When body and mind are in balance, energy flows and you achieve greater ease.
The yoga sessions will be led by Dr. Nicole Rettenwender.
www.YogabyNicole.de

SUNDAY

UNTIL 2.30 p.m.	ARRIVAL
4.15 p.m.	MEETING POINT ATMOSPHERE TERRACE
4.30–6.15 p.m.	WELCOME YOGA SESSION outdoor or indoor at ATMOSPHERE
7.00 p.m.	WELCOME COCKTAIL at the hotel bar
7.30 p.m.	DINNER at the hotel restaurant

MONDAY (plan for good mountain weather)

8.00–9.00 a.m.	BREAKFAST at the hotel restaurant
9.20 a.m.	MEETING POINT HOTEL LOBBY Equipment for yoga on the mountain needed
9.30 a.m.	RIDE WITH THE STEINBERGBAHN TO THE MOUNTAIN
10.15 a.m.–12.15 p.m.	YOGA ON THE ASITZBRÄU TERRACE with a wonderful view
AFTERWARDS	FREE TIME
4.45–5.45 p.m.	RESTORATIVE YOGA FOR RELAXATION outdoor or indoor at ATMOSPHERE
7.30 p.m.	DINNER at the hotel restaurant

TUESDAY (plan for good mountain weather)

- 8.00–9.00 a.m. **BREAKFAST**
at the hotel restaurant
- 9.20 a.m. **MEETING POINT HOTEL LOBBY**
Equipment for yoga on the mountain needed
- 9.30 a.m. **RIDE WITH THE STEINBERGBAHN TO THE MOUNTAIN**
15-minute walk together to the plateau
- 10.15 a.m.–12.15 p.m. **YOGA ON THE PLATEAU**
with a wonderful panorama
- AFTERWARDS **KAISERSCHMARRN MEAL**
at AlteSchmiede, afterwards free time
- 4.45–5.45 p.m. **RESTORATIVE YOGA FOR RELAXATION**
outdoor or indoor at ATMOSPHERE
- 7.30 p.m. **JOINT DINNER**
at the hotel restaurant

WEDNESDAY

- 7.30–9.15 a.m. **YOGA-SESSION**
outdoor or indoor at ATMOSPHERE
- 9.30 a.m. **JOINT BRUNCH**
- AFTERWARDS **FREE TIME**
- 4.45–5.45 p.m. **RESTORATIVE YOGA FOR RELAXATION**
outdoor or indoor at ATMOSPHERE
- 7.30 p.m. **DINNER**
at the hotel restaurant

THURSDAY

- 7.30–9.15 a.m. **FINAL YOGA SESSION**
outdoor or indoor at ATMOSPHERE
- 9.30 a.m. **BRUNCH**
- UNTIL 12.00 p.m. **CHECK-OUT**
Spa visit is also possible afterwards