

INTEGRATED HEALING

This is a typical retreat day.

TIME	ACTIVITY
07:30 – 11:00	Breakfast.
09:00 – 09:45	Morning Sun Salutation group session as per Weekly Programme.
10:30 – 11:30	In-depth consultation with resident physician, Dr Med. A. Angerer: Passionate about prevention, Dr Angerer also specialises in complementary medicine. HRV tests may be used to measure heart rate variability, new weight loss technologies for weight management may be discussed, and expert recommendations on nutritional supplements and sleep quality will be given.
12:00 – 17:00	Lunch at Preidlhof consists of a colourful, generous buffet of vegetarian dishes, incorporating fresh local ingredients. Vegan options, Italian dishes and small delights are also offered.
14:00 – 19:00	Choose from the Special Classes scheduled for each day, including Yoga Nidra, approach to healthy eating, dance therapy, forest bathing, barefoot meditation, sensory experiences, laughter yoga, Dao Yin Yoga, sound healing, mindfulness, and purification rituals with Alpine herbs.
16:00 – 17:30	Ancient Healing Session: Based on the concepts of integral medicine, Traditional Chinese Medicine and other ancient approaches, this personalised therapeutic session combines touch and massage, with suggestions and exercises to be practiced at home.
18:00	Sauna Aufguss Show: The Sauna Master will guide you in the true art of Sauna. Using ritualistic movements and water enriched with special herbal infusions, the Sauna Master heightens the effects of this traditional vaporisation technique.
19:00	Dinner at Preidlhof is a joyous celebration of the senses and of Italian hospitality, with a choice of several menus.