

Information:

Meal time:

Breakfast:	08.00 a.m. – 10.30 a.m.
Lunch:	12.00 p.m. – 01.30 p.m.
Afternoon tea:	03.00 p.m. – 05.00 p.m.
Dinner:	06.00 p.m. – 08.30 p.m.

Spa area:

Indoor pool:	07.30 a.m. – 07.30 p.m.
Sauna:	10.00 a.m. – 07.00 p.m.

Symbol description:

☯ YOGA

🌀 MEDITATION

⚙️ WORKSHOP

👣 HIKE

★ LECTURE

Suggestions for meditations, yoga and much more are available on our blog
www.ayurveda-leben.at.

Follow us on Instagram @ayurvedaresortsonnhof und share your holiday photos using the
hashtag #sonnhofayurveda.

You can also find us on Facebook at Ayurveda Resort Sonnhof for news and updates.

E-Bike

You want to explore the region and mountains around Thiersee? However, you do not want
to stress yourself? Borrow a free e-bike in our hotel.
Simply announce your interest at the front desk.

We wish you a lot of fun biking!



European Ayurveda Resort
Sonnhof

SONNHOF - WEEKLY PROGRAMME
2018



SUNDAY

08.00-21.00: ♥ **FREE HUGS**

08.00 a.m.: 🕒 **Qi Gong** with Michael. Class in German, translation in English. (Duration 55 min)

MONDAY

08.00 a.m.: 🕒 **Yoga for your stability** with Andrea. Class in German, translation in English. (Duration 55 min)

09.30 a.m.: 🕒 **Tai Chi walk**
Tai Chi is an ancient Chinese combat and movement martial art which has been used over hundreds of years for the purposes of self-defence, health and long life and was developed for spiritual reasons. It consists of harmonious, flowing movements involving the whole body which are carried out in a relaxed manner and in slow motion. During a circuit around Lake Thiersee, our trainer Harald will introduce you to the art of Tai Chi using various exercises Clothing: suitable for the weather, as relaxed as possible. "Tai Chi does not mean Oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind and body together as one process". Meeting point: Infobüro Thiersee (Duration 2,5h). Please register by 04.00 p.m. the previous day at the front desk.

01.00 p.m.: 🕒 **Gathering Mediterranean herbs**
The small herb garden by Lake Thiersee is well worth a visit. There are many herbs to explore here. Our expert offers insight into the use of herbs and some of their healing effects. We then use the herbs we have collected to cook up a delicious dish. Meeting point: Infobüro Thiersee (Duration 3 h). Please register by 04.00 p.m. the previous day at the front desk.

05.30 p.m.: 🕒 **Yoga** with Caroline. Class in German, translation in English. (Duration 55 min)

07.45 p.m.: 🕒 **Evening meditation** with Caroline. We start at 07.45 prompt. Class is in English. (Duration 30 min)

TUESDAY

08.00 a.m.: 🕒 **Detox yoga** with Andrea. Class in German, translation in English. (Duration 55 min)

10.00 a.m.: 🕒 **Summit climb – mountain walk on the Pendling**
Climbing the mountain, the Pendling. You will be rewarded for your efforts with magnificent views from the summit cross over the Inntal valley to the Kaisergebirge, Kufstein and Bavaria as well as a hearty snack or some famous roast pork from the 'Kufsteinerhaus' mountain guesthouse. Meeting point: parking place Schneeberg (Duration 4,5 h). Please register by 04.00 p.m. the previous day at the front desk. Info: Surefootedness and fitting footwear are prerequisites for this hike!

05.30 p.m.: 🕒 **Yoga for your back** and silent meditation with Andrea. Class in German, translation in English. (Duration 55 min)

07.00 p.m.: ★ **Ayurveda lecture about Vata, Pitta and Kapha with Rainer Schacker.**
Costs € 10,00 per person. For people who do a Panchakarma cure it is free. The lecture takes place in the yoga room. Registration is required until 12.00 p.m. at the front desk.

WEDNESDAY

08.00 a.m.: 🕒 **Morning yoga** with Andrea. Class in German, translation in English. Level 2 (Duration 55 min)

03.00 p.m.: 🕒 **Farm visit** with Florian. Isn't it interesting how we lived in the past? Florian gives you an insight into the life in the Tyrolean mountains. Meeting point: Lindhof in Vorderthiersee. Please register by 12.00 p.m. at the front desk. In case of rain the visit will be cancelled. The visit is in German with translation in English.

04.30 p.m.: 🕒 **Yoga** with Caroline. Class is in English. Level 2 (Duration 55 min)

05.30 p.m.: 🕒 **Yoga for beginners** with Andrea. Class in German, translation in English. (Duration 55 min)

THURSDAY

07.00 a.m.: 🕒 **Yoga and meditation in the garden** with Caroline. In case of bad weather it takes place in the yoga room. Class in German, translation in English. (Duration 55 min)

07.30 a.m.: 🕒 **Greet the morning with yoga by the lake**
This morning is all about a gentle awakening with the balancing and energising energy of yoga. The exercises are suitable for both beginners and experienced yogis. Please ask your doctor whether yoga would be recommended for you if you suffer from any health complaints or pre-existing medical conditions. Please bring your own mat. These can also be obtained from the Thiersee tourist information office. In case of rain the hike will be cancelled. No registration required! Meeting point: bandstand at Thiersee (Duration 1 h)

08.00 a.m.: 🕒 **Sun salutation and yoga exercises** with Andrea. Class in German, translation in English. (Duration 55 min)

03.00 p.m.: 🕒 **Back to the roots** with Caroline - hike and meditative yoga at the farm. Yoga class in German, translation in English. Meeting point: Lindhof in Vorderthiersee. Please register by 12.00 p.m. at reception. In case of rain the hike will be cancelled. (Duration 1,5 h)

05.30 p.m.: 🕒 **Yin yoga and meditation** with Andrea. Class in German, translation in English. (Duration 55 min)

FRIDAY

10.00 a.m.: 🕒 **Slowing down and "forest bathing" in the Modalwald forest**
We walk along the edge of the captivating mountain village of Hinterthiersee, via the Breitenau with its powerful stone labyrinth and through the Modalwald forest. After a few forest Qi Gong exercises, we engage in some 'forest bathing' – deliberately taking in the forest atmosphere – to reduce stress, boost the immune system and support good health. We finish the walk with a slowed down 'walking meditation'. Tip: As we will be sitting in the forest, the guide recommends some warm clothing. Meeting point: village square (Duration 4 h). Please register by 04.00 p.m. the previous day at the front desk.

04.30 p.m.: 🕒 **Yoga for the power** with Caroline. Yoga class in German, translation in English. Level 2 (Duration 55 min).

05.30 p.m.: 🕒 **Yoga** with Caroline. (Duration 55 min) Class is in English.

06.00 p.m.: ✨ **Cosmetic consultation in the shop** with Franziska. If you have questions concerning our beauty care or beauty treatment, Franziska will be happy to help you. Franziska is looking forward to welcoming you in our shop. (Duration 30 min)

SATURDAY

08.00 a.m.: 🕒 **Yoga for the power** with Margit. Class in German, translation in English. Level 2 (Duration 55 min)

09.00 a.m.: 🕒 **Yoga** with Caroline. Class is in English. (Duration 55 min)

05.00 p.m.: 🕒 **Yoga and meditation** with Caroline. Class in German, translation in English. (Duration 55 min)

SUNDAY

08.00-21.00: ♥ **FREE HUGS**

08.00 a.m.: 🕒 **Qi Gong** with Michael. (Duration 55 min) Class in German, translation in English.

09.05 a.m.: 🕒 **Start with good vibes in the morning** with Sarah and Lisa. (Duration 10 min)

* Level 2 = Advanced yoga class