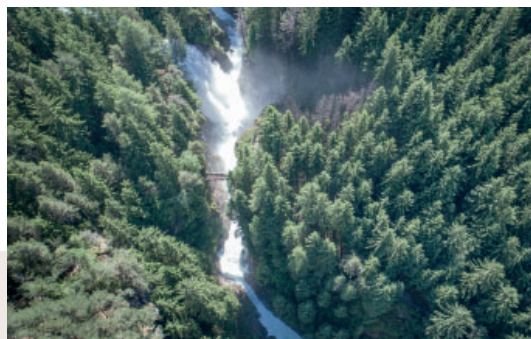


# RELAXATION FOR ALL SENSES



"You can't put yoga in words or in a sentence.  
Yoga is an experience that everyone perceives  
in their own way..."



## ALPEN PALACE

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*Luxury Hideaway & Spa Retreat*

## Alpenpalace Yoga Week

24.09.2023 - 30.09.2023

Our yoga teacher Sabrina Innerhofer accompanies you through the breathtaking surroundings of the Ahrntal mountains and ensures unforgettable meditation and yoga sessions. The Alpenpalace offers the perfect yoga retreat with over 30,000m<sup>2</sup> of private garden and an excellent spa and wellness area.

*Jonas Mairhofer*  
& the Alpenpalace team



## Monday



08:15 a.m.  
Morning  
Meditation

09:00 a.m.  
Yoga  
Element fire



12:15 p.m.  
Power  
Nordic Walking

## Tuesday



08:15 a.m.  
Morning  
Meditation

09:00 a.m.  
Yoga  
Element earth



12:15 p.m.  
Hiking with  
"Kneipp"

## Wednesday



Sauna  
infusions

Time for your  
Spa Treatments



Do-It-Yourself  
Peelings

## Thursday



08:15 a.m.  
Morning  
Meditation

09:00 a.m.  
Yoga  
Element air



12:15 p.m.  
Hike: Breath in  
the forest

## Friday



08:15 a.m.  
Morning  
Meditation

09:00 a.m.  
Yoga  
Element water



12:15 p.m.  
Hike to the  
waterfalls



Sauna infusions: 3:30 p.m. relaxation infusion  
4:45 p.m. exfoliating infusion | 6:00 p.m. Infusion



Viropa Tea Buffet  
all day at the Spa Alpin



Ayurveda spa treatment  
on request in the Spa Alpin



Relaxing atmosphere  
in the 30.000m<sup>2</sup> garden