



DER ALPINE KRAFTPLATZ

# Finding Your Center



## Meditation Week

WITH MANUELA JACOB

During this meditation week with our empathetic **Qigong instructor, Manuela Jacob**, you'll embark on a very special journey of self-discovery. Qigong – the millennia-old Chinese art of self-care – combines **flowing movements, conscious breathing, and meditative mindfulness.**

The exercises have a calming, strengthening, and balancing effect – they promote the **flow of energy** and activate your natural **self-healing powers.** Whether you want to reduce stress, strengthen your resilience, or simply find more inner peace: This week offers you space for change – gentle, powerful, and lasting.



### OUR TIP

Classes are free for our guests! 60-minute sessions in the morning and afternoon (Mon–Fri).

For more information about the program, please visit our website at [www.alpenrose.at](http://www.alpenrose.at)

MAY 3–8, 2026 • JUNE 7–12, 2026

JULY 5–10, 2026 • AUG 9–14, 2026

OCT 18–23, 2026 • NOV 22–27, 2026

DEC 20–25, 2026

### THREE THEMATIC QIGONG WEEKS TO CHOOSE FROM:

Rediscover your inner balance – through the power of mindful movement and the tranquility of Eastern wisdom.

## Qigong Detox Week

Let go of what's weighing you down. Pause, take a deep breath, and blossom. Unlock your body's and mind's natural healing powers.

## Shaolin Qigong Week

Step into the world of the Shaolin monks. Powerful, grounding exercises and ancient wisdom will bring you new clarity and inner strength.

## QIWO – Far Eastern relaxation

A harmonious blend of Qigong, yoga, and martial arts elements. Feel how your physical stability and mental calm come back into balance.

Yoga Pavilion by the Water Lily Pond



**NEW**  
Starting in fall 2026!