



DER ALPINE KRAFTPLATZ

Resonance and Balance



Hatha and Vinyasa Yoga

WITH NATHALIE SORGMANN

Feel renewed energy and inner stability during a soothing retreat with **Hatha** and **Vinyasa Yoga**. The mindfully guided sessions combine **static postures, flowing movements**, and conscious **breathing techniques** into a holistic practice.

Hatha Yoga strengthens **muscles** and **flexibility** and helps release tension, while **Vinyasa** brings the body into a **harmonious flow** and calms the mind. Each session is individually tailored and creates space for **new balance, lightness**, and lasting **well-being**.

MAY 11-15, 2026 • JUNE 15-19, 2026

JULY 20-24, 2026 • AUG. 3-7, 2026

AUG. 31-SEPT. 4, 2026 • OCT. 12-16, 2026

OUR TIP

Nathalie is a **certified hypnotherapy coach**. Book your personalized one-on-one coaching session:

- **Joy-Hypnosis** approx. 60 min € 140,-
- **Hypnosis for the Inner Child** approx. 90 min € 255,-

Free informational sessions. For more details and to schedule an appointment, visit the Vitaltempel or email www.yogafine.at



Yoga Pavilion by
the Water Lily Pond

NEW
Starting in
fall 2026!

Course participation is
free for our guests!

