



# AT- Yoga - Balance - Week

movement | relaxation | pleasure

10.03.2024 - 23.03.2024



Roll out your yoga mat, take a deep breath and calm down.

The feeling of ease and relaxation...

A week full of impulses. A week full of vitality.

# at – yoga & balance week

EACH PROGRAM ITEM OR UNIT CAN BE ATTENDED INDIVIDUALLY.

ALL YOGA AND RELAXATION SESSIONS TAKE PLACE IN THE YOGA ROOM.

PLEASE REGISTER AT THE RECEPTION DESK BY 7 PM THE PREVIOUS DAY.

## sunday

- AT 3.<sup>00</sup> PM Relaxation techniques
- AT 5.<sup>00</sup> PM Yoga "Arrive & Relax"
- AT 7.<sup>00</sup> PM Presentation of the AT- Yoga & Balance week

## monday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 2.<sup>00</sup> PM Workshop Pranayama
- AT 3.<sup>00</sup> PM Yoga "Classic Asanas" with Shavasana
- AT 9.<sup>30</sup> PM Dream meditation in the panorama relaxation room

## tuesday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 10.<sup>00</sup> AM Group workshop: The life you've always wanted
- FROM 1.<sup>00</sup> PM Possibility of various treatments to balance and harmonize
- AT 3.<sup>00</sup> PM Yoga "Balance" with Shavasana
- AT 6.<sup>00</sup> PM Chakra meditation

## wednesday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 10.<sup>30</sup> AM "Rasul&Kneipp" sauna ritual
- AT 3.<sup>00</sup> PM Yoga workshop "healthy back" with Shavasana
- AT 6.<sup>00</sup> PM Yoga Nidra

## thursday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 10.<sup>00</sup> AM Group workshop: "Health"
- FROM 1.<sup>00</sup> PM Meridian testing + acupuncture regulation
- AT 5.<sup>00</sup> PM Yin Yoga with Shavasana sound bath

## friday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 10.<sup>30</sup> AM Sauna ritual "Aham Prema"
- AT 3.<sup>00</sup> PM Yoga "Stability" with Shavasana

## saturday

- AT 8.<sup>00</sup> AM Morning Yoga
- AT 10.<sup>30</sup> AM Sauna ritual "I wish you"
- AT 3.<sup>00</sup> PM Yoga "Power from your center" with Shavasana
- AT 6.<sup>00</sup> PM Meditation "Forest power"

WHATEVER YOUR LEVEL OF EXPERIENCE, BEGINNER OR EXPERIENCED YOGI, WE WILL BE  
HAPPY TO WELCOME YOU. 

## Sunday

- 3.00 pm - 3.40 pm: Relaxation techniques with Nadine
- 5.00 pm - 6.30 pm: Yoga "Arrive & Relax" with Magdalena  
*Find tranquility and equilibrium through gentle movements and breathing exercises*
- 7.00 pm: We invite you to an aperitif in the hotel lobby  
Presentation of the AT- Yoga & Balance week with spa leader Magdalena

## Monday

- 8.00 am - 8.50 am: Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 2.00 pm - 2.45 pm: Workshop Pranayama with Magdalena  
Learn different breathing techniques to balance and for your well-being
- 3.00 pm - 4.30 pm: Yoga "Classic Asanas" with Shavasana with Magdalena  
*Traditional yoga asanas paired with a concluding Shavasana relaxation for deep regeneration and inner balance.*
- 9.30 pm - 10.10 pm: Dream meditation in the panorama relaxation room with Manuela and Ira

## Tuesday

- 8.00 am: - 8.50 am Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 10.00 am: Group workshop: The life you've always wanted.  
Discover the art of serenity in a workshop led by Fabio Biason, focusing on realizing the life you've envisioned
- from 1.00 pm: Possibility of various treatments to balance and harmonize the vital body and energy flow with Fabio Biason (surcharge)
- 3.00 pm - 4.30 pm: Yoga "Balance" with Shavasana with Magdalena
- 6.00 pm - 7.00 pm: Chakra meditation with Magdalena

## Wednesday

- 8.00 am - 8.50 am: Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 10.30 am: Rasul&Kneipp" sauna ritual with Magdalena  
Immerse yourself in a revitalizing sauna ritual featuring a body scrub and mud pack, followed by a refreshing Kneipp treatment
- 3.00 pm - 4.40 pm: Yoga workshop "healthy back" with Shavasana with Magdalena.  
Get to know different asanas for a healthy and upright back
- 6.00 pm - 7.00 pm: Yoga Nidra with Magdalena  
*Deep relaxation for body and mind*

## Thursday

- 8.00 am - 8.50 am: Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 10.00 am Group workshop: "Health" with Gertrud Knapp  
Join Gertrud Knapp for an insightful workshop on achieving balance and vitality through StarQi and hormonal equilibrium, coupled with nutritional expertise
- from 1.00 pm Meridian testing + acupuncture regulation with Gertrud Knapp  
*Possibility to measure the energetic state of the body and body treatment method with the latest technology based on TCM.*  
*General consultation (surcharge)*
- 5.00 pm - 6.40 pm: Yin Yoga with sound bath Shavasana with Magdalena



## Friday

- 8.00 am - 8.50 am: Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 10.30 am: Sauna ritual "Aham Prema" with Magdalena  
*"Indulge in a special sauna ritual designed to awaken self-love and promote deep relaxation. Begin with a refreshing body wash, followed by a pampering self-massage in the panorama sauna, culminating in a rejuvenating sweat session."*
- 3.00 pm - 3.30 pm: Yoga "Stability" with Shavasana with Magdalena  
*Inner balance and relaxation*

## Saturday

- 8.00 am - 8.50 am: Morning Yoga with Magdalena  
*We activate the body, calm the mind and embrace the day with renewed energy.*
- 10.30 am: Sauna ritual "I wish you" with Mäggi  
*Experience a unique sauna ritual accompanied by the soothing aroma of incense, concluding with a serene gathering around the fire*
- 3.00 pm - 4.30 pm: Yoga "Power from your center" with Shavasana with Magdalena  
*Awaken & strengthen your inner power*
- 6.00 pm - 6.50 pm: Meditation "Power of the forest" with Mäggi



## Health & well-being

My name is Gertrud Knapp. I was born in Bruneck in 1985 and live in Mühlen in Taufers. I have specialized in nutrition and health since 2010. I accompany people who want to pursue and achieve prevention, overall optimization and well-being with the right nutritional measures.

Most of us define well-being as the opposite of illness. Optimal health, the metabolic state in which the body and mind operate at maximum power, is beyond mere well-being. This is the ideal state that many would like to achieve. But how do you achieve this ideal state?

Healthy nutrition and body awareness require a new way of looking at things and the right way of communicating information. Nothing is as different as the existing dietary guidelines. It would be best if there was only one diet that provided everyone with all the nutrients they need. However, as we differ immensely from one another in terms of body shape, appearance, taste, gender, country of origin... we also react differently to food and eating habits and develop different health problems. Biochemically speaking, no two people are the same.

## Energy4life

My name is Fabio Biason. I was born and grew up in Bruneck, South Tyrol. The many afternoons and weekends I spent in nature with my family had an enormous influence on me. I have always been fascinated by trees, plants, mushrooms and stones.

Medicinal plants and their chemical composition as well as the chemical analysis of foodstuffs were my passion, so I studied pharmacy and obtained my doctorate at the University of Padua in 1996. I then worked as a pharmacist for 5 years and as the owner of a pharmacy for 18 years.

During and after my studies, I trained in homeopathy at the SMB Italia medical school for biotherapy and attended various higher education courses in phytotherapy, naturopathy and alternative treatment methods.

In recent years, I have further qualified myself in the field of scientific human energetics and natural healing methods, with a focus on subtle energies, as well as attending courses in building biology, geobiology, Reiki and energetic relaxation techniques, emotional balancing, wellness counseling and life coaching.



# Treatments by Fabio Biason can be booked for Tuesday

## Auracleaning

By working with the energy field, blockages can be released and potentials intensified so that the soul can express itself ever more freely and fulfillingly. An important part of aura work is to restore the energetic balance in the energy field and thus bring about healing on an energetic level. Healing always involves clearing and integrating the positive.

Duration of treatment approx. 60 minutes | 105,-€ for participants of the AT-Yoga & Balance week instead of 120,-€.  
*Registration at the reception until Monday 7pm*

## Energetic spinal straightening

is a gentle treatment method that does not involve manipulation of the skeleton and can promote the regeneration and straightening of the spine. In the course of our lives, there are always difficult phases to overcome; negative emotions, shocks and traumas that are not overcome or processed can become lodged in the spine and lead to physical suffering, among other things. The spine is the central support of the body, which literally carries us. If the "load" becomes too great, it becomes unbalanced and can no longer bear it. This causes the spine and therefore the pelvis to shift and twist, which can lead to incorrect loads on the knees and feet, as well as misaligned jaws and bite problems.

Duration of treatment approx. 90 minutes | 115,-€ for participants of the AT Yoga & Balance week instead of 130,-€.  
*Registration at the reception until Monday 7 pm*

## Life Coaching 1:1

Discover who you really are. Support with integrated coaching and targeted energy work to rediscover, live and share your own value. Create the life you have been longing for by developing and promoting your self-love and confidence. Together we clear the way for all the wonders that await you.

Duration of treatment approx. 60 minutes | 105,-€ for participants of the AT Yoga & Balance week instead of 120,-€  
*Registration at the reception until Monday 7.00 pm*





Treatments by Gertrud Knapp  
can be booked for Thursday

### StarQi and acupuncture regulation

The StarQi makes it possible to quickly and easily determine the energetic state of the human body and regulate the energy flow in the meridians. Frequency therapy based on Nuno Nina's 144,000 gold frequencies directly addresses cells in our body and positively influences a wide range of processes. Above all, however, the bioenergetic field is brought into balance and thus strengthened. Diverse programme groups and modules enable us to harmonize not only physical, but also mental, emotional and generally blocking conditions and challenges. This restores the original state of well-being and vitality.

Duration of treatment approx. 60 minutes | 105,- € for participants of the AT-Yoga & Balance weeks instead of 120,- €  
*Registration at the reception until Wednesday 7.00 pm*



### General consulting

Assistance for prevention, overall optimization of your well-being, through tips for the right approach to nutrition and different types of food.

Consultation approx. 30 minutes | 62,-€