



AT - Yoga - Balance - Week

movement | relaxation | pleasure

16.03.2025 - 30.03.2025



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

This week is a journey for you.

A journey through our energy centers.

A journey full of moments of silence, joy and inner balance.

Look forward to a week full of inspiration.

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 **Muladhara Chakra**

- AT 4.⁰⁰ PM Yoga "Arrive & Relax"
- AT 7.⁰⁰ PM Introduction of the AT Yoga & Balance Week

monday **Svadhithana Chakra**

- AT 8.⁰⁰ AM Morning Yoga with Elisa
- AT 10.⁰⁰ AM Yoga Workshop with Elisa "Element Water & Soul Dance"
- AT 2.⁰⁰ AM Yoga with Elisa
- AT 5.³⁰ PM Slow Down - Relaxation Techniques with Nadine

tuesday **Manipura Chakra**

- AT 8.⁰⁰ AM Morning Yoga with Verena
- AT 10.⁰⁰ AM Yoga Workshop with Verena "Symbolism of Fire"
- AT 2.⁰⁰ PM Yoga mit Verena
- AT 5.³⁰ PM Chakra Meditation with Magdalena

wednesday **Anahata Chakra**

- AT 8.⁰⁰ AM Morning Yoga with Elisa
- AT 10.⁰⁰ AM Yoga Workshop with Elisa "Values and Heart's Desires"
- AT 2.⁰⁰ PM Yoga with Elisa
- AT 4.¹⁵ PM Pinda Sweda Sauna Ritual with Magdalena
- AT 5.³⁰ PM Slow Down - Mediation with Magdalena

thursday **Vishuddha Chakra**

- AT 8.⁰⁰ AM Morning Yoga with Verena
- AT 10.⁰⁰ AM Yoga Workshop "Pranayama & the Power of Ether"
- AT 2.⁰⁰ PM Yoga with Verena
- AT 5.³⁰ PM Slow Down- Yin Yoga with Sound Bath with Magdalena

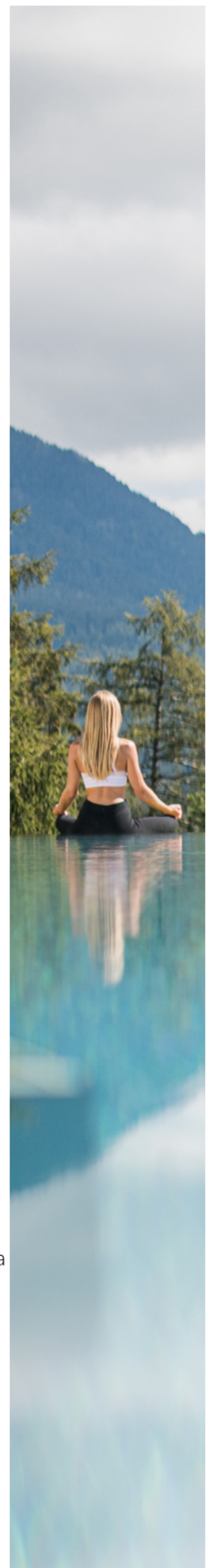
friday **Sahasrara Chakra**

- AT 08.⁰⁰ AM Morning Yoga with Elisa
- AT 10.⁰⁰ AM Yoga Workshop with Elisa "Higher Self"
- AT 2.⁰⁰ PM Yoga with Elisa
- AT 5.³⁰ PM Slow Down- Yoga Nidra with Singing Bowls Shavasana with Magdalena

saturday **Ajna Chakra**

- AT 8.⁰⁰ AM Morning Yoga with Verena
- AT 10.⁰⁰ AM Yoga Workshop "Sensory Activation"
- AT 2.⁰⁰ PM Yoga with Verena
- AT 5.¹⁵ PM Aham Prema Saunaritual with Magdalena
- AT 5.³⁰ PM Slow Down - Meditation "Power of the Forest" with Mäggi

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



Sunday

Muladhara Chakra

The Root Chakra represents stability and primal trust. Our subconscious resides in the Muladhara Chakra. When we activate our Root Chakra, unexpected qualities come to light, bringing relaxation and a sense of security.

- 4.00 pm - 6.00 pm: Yoga "Arrive & Relax" with Magdalena
*Calmness and balance through gentle movements and breathing exercises.
A shared cacao ceremony to connect with the nurturing element of earth.*
- 7.00 pm: Aperitif in the hotel lobby
Introduction to the AT Yoga & Balance Week
with yoga teachers Elisa, Verena & Magdalena

Monday

Svadhishthana Chakra

The Sacral Chakra represents our creative expression and zest for life. We explore the body through gentle, free movements, surrender to the element of water, and allow body and mind to flow. Our soul is invited to dance.

- 8.00 am - 8.50 am: Morning Yoga with Elisa
We activate the body, calm the mind, and start the day with energy.
- 10.00 am - 12.00 pm: Yoga Workshop with Elisa
*Movement meditation
Working with music and sound elements to feel your body.*
- 2.00 pm - 3.30 pm: Yoga with Elisa
- 5.30 pm - 6.30 pm: Slow Down
Relaxation techniques with Nadine

Tuesday

Manipura Chakra

The Solar Plexus Chakra represents our willpower and self-confidence. Wisdom and power flow through this center, helping us to unfold our full potential and achieve our goals.

- 8.00 am - 8.50 am: Morning Yoga with Verena
We activate the body, calm the mind, and start the day with energy.
- 10.00 am - 12.00 pm: Yoga Workshop with Verena
*Powerful symbolism of fire
Candle meditation & mindfulness training
Silence to ignite the inner spark*
- 2.00 pm - 3.30 pm: Yoga with Verena
- 5.30 pm - 6.30 pm: Slow Down
Chakra meditation with Magdalena

Wednesday

Anahata Chakra

The Heart Chakra represents our joy and love. We recognize who we truly are and uncover our deepest heart's desires. Let your heart open to inner peace and the joys of life.

- 8.00 am - 8.50 am: Morning Yoga with Magdalena
We activate the body, calm the mind, and start the day with energy.
- 10.00 am - 12.00 pm: Yoga Workshop with Elisa
*Exercises & questions to discover your values and heart's desires
Empowerment ritual for your heart's strength*
- 2.00 pm - 3.30 pm: Yoga with Elisa
- 4.15 pm: Pinda Sweda Sauna Ritual with Magdalena
- 5.30 pm - 6.30 pm: Slow Down
Meditation to let go & relax with Magdalena

Thursday Vishuddha Chakra

*The Throat Chakra represents connection & communication.
Open your inner spaces and activate the voice of your truth,
allowing a state of harmony and clarity to express itself.*

- 8.00 am - 8.50 am: Morning Yoga with Verena
We activate the body, calm the mind, and start the day with energy.
- 10.00 am – 12.00 pm: Yoga Workshop with Verena
*Pranayama & the Power of Ether
Mindfulness and activation of our voice and communication,
Recognizing, accepting, and releasing blockages.*
- 2.00 pm – 3.30 pm: Yoga with Verena
- 5.30 pm – 7.00 pm: Slow Down
Yin Yoga with Sound Bath with Magdalena

Friday Sahasrara Chakra

*The Crown Chakra represents your connection & spirituality.
We listen deeply within, explore our essence through sound & music, and dive into profound silence.
Guided by mindful journaling prompts, you will uncover what your soul wants to tell you.*

- 8.00 am - 8.50 am: Morning Yoga with Elisa
We activate the body, calm the mind, and start the day with energy.
- 10.00 am – 12.00 pm: Yoga Workshop with Elisa & Magdalena
*Journaling practice
Connecting with the Higher Self through Qigong
Paint your soul image and let your energy flow.*
- 2.00 pm - 3.30 pm: Yoga with Elisa
- 5.30 pm – 6.30 pm: Slow Down
Yoga Nidra with Singing Bowls Shavasana with Magdalena

Saturday Ajna Chakra

*The Third Eye Chakra represents perception & intuition.
Through practicing yoga, meditation & mindfulness, we expand our awareness,
gaining a deep understanding of ourselves and a perspective beyond daily life.*

- 8.00 am - 8.50 am: Morning Yoga with Verena
We activate the body, calm the mind, and start the day with energy.
- 10.00 am – 12.00 pm: Yoga Workshop with Verena
*Sensory activation
Perception & intuition for life's questions
Reflection and clarity for my soul's path.*
- 2.00 pm - 3.30 pm: Yoga with Verena
- 5.15 pm: Aham Prema Sauna Ritual with Magdalena in the event saun
- 5.30 pm - 6.30 pm: Slow Down
Meditation "Power of the Forest" with Mäggi

We wish you a powerful,
harmonizing, and inspiring yoga week.

Magdalena, Elisa & Verena, Family Feichter & the entire AT Team 



Spa leader Magdalena

Masseuse, yoga teacher & intuition coach

Magdalena lives her calling with heart and dedication. As an experienced yoga teacher, massage therapist, and intuition coach, she guides people of all ages on their personal journey to greater well-being and inner balance. Her motto: "Yoga is like medicine."

With a holistic approach, she combines yoga, Traditional Chinese Medicine (TCM), and energy work to awaken new strength and joy in life. Her goal is to meet each person exactly where they are and support them with mindful techniques to lead a fulfilled, vibrant life.

Let Magdalena inspire you and discover your inner strength!



Elisa Oberhollenzer

Yoga Teacher & Relaxation Coach

Elisa Oberhollenzer is an educator, yoga teacher, Qi Gong instructor, and holistic relaxation coach. She helps people of all ages unfold their full potential and develop radiant self-confidence. Her mission is to cultivate a deeper awareness of body, mind, and soul to navigate daily life with greater ease.

She creates spaces filled with trust and compassion, making the diversity of life a central aspect of her work. As a relaxation coach and Qi Gong teacher, Elisa integrates this diversity into her offerings. Her passion for gentle bodywork is reflected in flowing sequences of asanas, Qi Gong exercises, and relaxation techniques.

All guests are invited to experience connection, unity, and a sense of pure vitality—and to share this journey together.



Verena Golser

Yoga Teacher

Verena Golser is a passionate hiker and certified yoga teacher. The mountains are her source of strength and inspiration. For her, every hike is a journey inward, where she finds peace and clarity. Verena integrates yoga sessions into her hikes, inviting participants to take deep breaths of fresh mountain air and fully embrace the moment.

She values stepping away from the noise and distractions of modern life to focus on what truly matters: the breath, movement, and inner balance. Her classes not only enhance physical fitness but also promote mental clarity and deep relaxation.

With her empathetic nature and love for yoga, Verena Golser helps others find inner peace, strengthen mental clarity, and mindfully savor each moment.

