

Sivananda Yoga

in Mittersill, Hohe Tauern, near Salzburg, Austria

Relaxation in a beautiful Alpine oasis

Wellness hotel Sonnberghof ****

2017

April to June

October to December

www.sivananda.at/en



Welcome!

We are delighted to be able to offer you the trusted yoga vacation programmes of the Sivananda Yoga Retreat House at a second location in Mittersill at Hotel Sonnberghof.

Idyllically situated on a sunny plateau with a wide open view of the Hohe Tauern mountains, the location offers plenty of opportunities to satisfy your need for relaxation, rejuvenation and personal development.

The yoga classes will give you strength and vitality, while the contemplative nature of group meditation and chanting and occasional lectures will calm the mind and nourish the soul.

Take some quality time off which will enrich you with new sources of inspiration, and enjoy the benefits of yoga in a relaxed and friendly group atmosphere.

You are welcome to visit at any time.
Choose the dates that suit you, and stay for as long as you like.

We look forward to seeing you.
Your Sivananda Yoga Retreat House Team

Daily schedule for active relaxation

6:30 am	Morning meditation, mantra chanting, talk
8:30 – 10 am	Asanas and pranayama
10:30 am	Vegetarian brunch
11 am – 4 pm	Free time, walks, lectures, sauna & wellness
4 – 5:30 pm	Asanas and pranayama
6 pm	Vegetarian dinner
7:30 pm	Evening meditation, mantra chanting, talk

Weather permitting, the asana classes will take place on the platform near the natural pool. Group hikes are offered on a regular basis.

The Sivananda Yoga instructors

Two senior instructors from the Sivananda Yoga Retreat House will accompany you during your yoga stay and provide individual guidance.

They each have many years of experience in teaching yoga and meditation, and bring refreshing enthusiasm and know-how from their own steady practice and from regular further training.



April – June 2017

“Yoga – Wellness & Relaxation” is offered throughout the season.

Fri. 21.4 – Sun. 23.4	Yoga@Home
Sun. 23.4 – Fri. 28.4	Active Relaxation & Stress Reduction
Fri. 28.4 – Mon. 1.5	Thought Power and Positive Thinking
Mon. 1.5 – Fri. 5.5	Meditation – Experiencing Inner Balance
Fri. 5.5 – Sun. 7.5	Yoga Body Check
Sun. 7.5 – Fri. 12.5	Yoga and Mountain Magic
Fri. 12.5 – Sun. 14.5	Yoga Lifestyle
Sun. 14.5 – Fri. 19.5	Yoga and Mountain Magic
Sun. 14.5 – Fri. 19.5	Yoga for a Flexible Spine
Sun. 28.5 – Fri. 2.6	Active Relaxation & Stress Reduction
Fri. 2.6 – Sun. 4.6	Thought Power and Positive Thinking
Sun. 4.6 – Fri. 9.6	Meditation – Experiencing Inner Balance
Fri. 9.6 – Sun. 11.6	Yoga Body Check
Sun. 11.6 – Fri. 16.6	Yoga and Mountain Magic
Fri. 16.6 – Sun. 18.6	Yoga Lifestyle
Sun. 18.6 – Fri. 23.6	Yoga for a Flexible Spine
Fri. 23.6 – Sun. 25.6	Yoga@Home
Sun. 25.6 – Fri. 30.6	Active Relaxation & Stress Reduction

October – December 2017

“Yoga – Wellness & Relaxation” is offered throughout the season.

Sun. 8.10 – Fri. 13.10	Active Relaxation & Stress Reduction
Fri. 13.11 – Sun. 15.10	Thought Power and Positive Thinking
Sun. 15.10 – Fri. 20.10	Meditation – Experiencing Inner Balance
Fri. 20.10 – Sun. 22.10	Yoga Body Check
Sun. 22.10 – Fri. 27.10	Yoga and Mountain Magic
Fri. 27.10 – Sun. 29.10	Yoga Lifestyle
Sun. 29.10 – Fri. 3.11	Yoga for a Flexible Spine
Fri. 3.11 – Sun. 5.11	Yoga@Home
Sun. 5.11 – Fri. 10.11	Active Relaxation & Stress Reduction
Fri. 10.11 – Sun. 12.11	Thought Power and Positive Thinking
Sun. 12.11 – Fri. 17.11	Meditation – Experiencing Inner Balance
Fri. 17.11 – Sun. 19.11	Yoga Body Check
Sun. 19.11 – Fri. 24.11	Yoga and Mountain Magic
Fri. 24.11 – Sun. 26.11	Yoga Lifestyle
Sun. 26.11 – Fri. 1.12	Yoga for a Flexible Spine
Fri. 1.12 – Sun. 3.12	Yoga@Home
Sun. 3.12 – Fri. 8.12	Active Relaxation & Stress Reduction
Fri. 8.12 – Sun. 10.12	Thought Power and Positive Thinking



Yoga – Wellness and Relaxation

Gentle stretching, quiet moments and mentally letting go during the yoga classes.

- Experiencing the silence during morning and evening meditation
- Light, purifying organic food
- Group meditative walks, weather permitting
- Time for yourself and for massage treatments and regeneration in the large wellness area



Yoga@Home

The daily yoga practice for mental and physical fitness.

- Various asana sequences with a duration of 15 minutes and longer
- Short exercises for boosting attention and concentration
- Practical application of positive thinking in daily life
- Establishing a daily home yoga routine: time, place and order of the poses
- The yogic diet: fast, easy recipes for daily life



Active Relaxation and Stress Reduction

The classical yoga techniques are presented in the light of modern scientific findings and applied step by step. Mindfulness in the posture, breathing and relaxation. Developing inner tranquillity under daily pressures. Detailed description: www.sivananda.at/en



Thought Power and Positive Thinking

Asanas and pranayama are the optimal foundation for goal-oriented, flexible thinking.

- Exercises for developing thought power; guided contemplation and visualisation.
- Lectures: • The world of thoughts and creative life management • The laws of higher thinking and cultivating higher emotions like courage, love and contentment



Meditation – Experiencing Inner Balance

Scientific studies have shown that meditation improves self-perception, memory and empathy. The physical, mental and philosophical aspects of meditation are explained in short lectures. Detailed description: www.sivananda.at/en

Yoga Body Check

**Reading one's own body as a yoga book.
Regular practice opens one chapter after another.**

- Flexibility in the shoulders, back and hips
- Muscle test with posture analysis and individual advice
- Holding the asanas: gentle endurance training for the cardiovascular system
- Breathing exercises for more vitality and relaxation
- Inner tranquillity through positive thinking and meditation
- Mindfulness exercises for one-pointedness of mind
- A healthy diet for body and mind



Yoga Lifestyle

Asanas and Pranayama: Where is the tension and what can we do to relieve it?

- Meditation techniques for inner peace and cultivating willpower
- Yoga as the best start to the day, yoga after work
- Developing willpower – inspiration from yoga psychology
- How the diet influences body and mind; the right combination of essential nutrients
- Cooking theory: simple meals and snacks



Yoga for a Flexible Spine

The 12 basic postures and variations are preventive care for the entire back.

- Gentle variations to alleviate back pain
- Asanas to improve flexibility along the spine
- Each participant has their photo taken at the plumb line for a posture analysis, and advice is given on which asana variations are recommended for their body type
- Informative PowerPoint presentations on the back

Yoga and Mountain Magic

A yoga and hiking vacation in the Hohe Tauern mountains offers both active recreation and a pleasant escape from our hectic lives.

Several approx. 2-hour hikes are complemented by daily yoga classes and meditation sessions. We will go on excursions to the most beautiful corners of the region.

Hikes are offered on a regular basis during all yoga vacation programmes.



What to bring

Meditation pillow, meditation shawl, yoga mat and a blanket. These can also be purchased in the yoga shop at the hotel or rented for a fee. Bring comfortable clothes, slippers, hiking shoes, raingear, swimsuit. Eyeglass wearers should bring a hard case for safe storage of their glasses.

We recommend that you abstain from alcohol and smoking in order to experience the full benefits of the yoga vacation.

Daily rate for yoga vacation

Yoga: €46

Accommodation and meals:

Single room: €75

Double room: €65

Shared room (3–6 beds): €50

Apartment, studio or suite on request.

Price include VAT and visitor's tax.

Registration

Registration for Yoga

For online registration and payment for the yoga programme, visit www.sivananda.at/en
Prices include VAT. Valid until 31.12.2017; thereafter until revoked.

Registration and payment for accommodation and meals

Contact Hotel Sonnberghof directly. Tel.: +43 65 62 83 11, info@sonnberghof.at

Cancellation terms

Yoga vacation

Your registration becomes valid upon full payment after receipt of the reservation confirmation.

Cancellation before the start of the programme: The following fees will apply to the yoga part (excluding accommodation): More than 21 days before programme start: 10%. Within 21 days of programme start: 30%. In case of early departure from the programme, the following cancellation fees apply to the yoga part: no refund. If you would like to change your booking to another programme organised by the Retreat House in Reith, a rebooking fee of €50 will be charged.

Hotel Sonnberghof

Cancellation before the start of the programme: The following cancellation fees will be applied to the hotel price: More than 21 days before arrival date: €30 processing fee. Within 21 days of the arrival date: 80% of the hotel price. In case of early departure from the programme: 80% of the hotel price.



Mittersill, Hohe Tauern, Austria

Location: On a peaceful, sunny plateau, surrounded on all sides by organic meadows and an insulating forest. Wide-open view of the 3,000 m peaks of the Hohe Tauern National Park, the last Alpine nature reserve in Europe.

Hohe Tauern National Park: 266 mountain peaks over 3,000 m high, 250 glaciers and 551 lakes are spread across 1,800 km². The Grossglockner, at 3,798 m, is the highest mountain in Austria. It is home to golden eagles, red deer, Alpine ibex, mountain hares, griffon vultures and brown bears.

Rooms: Rooms with a splendid view. Use of Swiss Pine wood has positive effects on circulation and sleeping comfort.

Eco farm: Sonnberghof **** has been an organic farm since 1992. It produces its own dairy products and jams. The herb garden provides fresh herbs for the kitchen as well as for homemade soaps, oils and salts.

Meals: Two vegetarian, wholefood and balanced meals in accordance with yogic principles are served buffet style in the solid wood dining hall or on the spacious guest terrace. All products are organically grown. Mountain spring water from the farm's own forest spring. Spring water fountains are located in the dining hall and in the wellness area.

Wellness: 550 m² indoor spa • Pinzgau sweat lodge up to 90° C • Herbal sauna up to 55° C • Steam pool • Infrared sauna • Thermal therapy beds • Panoramic relaxation lounge with access to the outdoors • Quiet room and "Heaven Swing" viewing tower • Tea bar in the panoramic relaxation lounge • 5 treatment rooms • Wooden tub for baths • The natural swimming pool is supplied by pure drinking water and maintains its own biological balance.
A wide variety of wellness packages and other amenities may be found at www.sonnberghof.at

Internet access: WIFI in the reception area at extra cost, free access to the guest PC. It is recommended to bring your own mobile Internet.

How to get here: By car, it takes a bit over 2 hours from Munich, 2 hours from Salzburg, 4.5 hours from Vienna, 5 hours from Zurich.
See www.sivananda.at/en for more details.

Mittersill lies on the railway line running from "Zell am See" to "Krimml", and is easy to reach from Austria, Germany and Switzerland by changing trains in Salzburg.

The 4 Seasons shuttle service takes you directly from the Munich or Salzburg airport to Sonnberghof ****: www.tirol-taxi.at



Yoga vacation in Mittersill 2017

Hohe Tauern,
near Salzburg, Austria

Sivananda Yoga and wellness in Sonnberghof ****
Wide open view of the 3,000 m peaks
of the Hohe Tauern National Park.

Arrive on any day of the week,
and stay as long as you like.



Hotel:
Landhotel Gut Sonnberghof ****
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