

# Sivananda Yoga

In a beautiful Alpine oasis

Yoga vacation programmes

11 November – 11 December 2016

21 April – 19 May 2017

28 May – 30 June 2017

8 October – 10 December 2017

# 2016/17

Landhotel Gut Sonnberghof \*\*\*\*  
Mittersill, Hohe Tauern, Austria



Organised by:  
Sivananda Yoga Vedanta Retreat House  
Founder: Swami Vishnudevananda, est. 1957

# Welcome!

Yoga taps sources of energy that can give your life a new direction.

Take some time out for physical, mental and spiritual rejuvenation in pristine mountain scenery.

We look forward to seeing you.

Your Sivananda Yoga Retreat House Team

## Yoga vacation programmes

Experience the benefits of two yoga classes a day, lectures and workshops, relaxation, meditation and mantra chanting. Recharge through walks and hikes. Enjoy the yogic-vegetarian meals. You are welcome at any time. We recommend that you stay several days in order to have time to learn, step by step, all aspects of yoga. Everyone in our team is dedicated to the practice of yoga, and we are looking forward to being of service to you during your stay.

### Daily schedule

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

## Weekend programmes 2016/2017

### Yoga@home

Fri. 11.11 – Sun. 13.11.2016

Fri. 21.4 – Sun. 23.4.2017

Fri. 23.6 – Sun. 25.6.2017

Fri. 3.11 – Sun. 5.11.2017

Fri. 1.12 – Sun. 3.12.2017

**The daily yoga practice for mental and physical fitness.**

Practice: • 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

Lectures: • Establishing a daily home yoga routine: time, place and order of the poses • The yogic diet: fast, easy recipes for daily life

### Thought Power and Positive Thinking

Fri. 18.11 – Sun. 20.11.2016

Fri. 9.12 – Sun. 11.12.2016

Fri. 28.4 – Sun. 30.4.2017

Fri. 2.6 – Sun. 4.6.2017

Fri. 13.10 – Sun. 15.10.2017

Fri. 10.11 – Sun. 12.11.2017

Fri. 8.12 – Sun. 10.12.2017

Practice: • 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



## Weekend programmes 2016/2017

### Yoga Body Check

Fri. 25.11 – Sun. 27.11.2016  
Fri. 5.5 – Sun. 7.5.2017  
Fri. 9.6 – Sun. 11.6.2017  
Fri. 20.10 – Sun. 22.10.2017  
Fri. 17.11 – Sun. 19.11.2017

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

Practice: • 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. Lectures: • Inner tranquillity through positive thinking and meditation  
• Mindfulness exercises for one-pointedness of mind  
• A healthy diet for body and mind

### Yoga Lifestyle

Fri. 2.12 – Sun. 4.12.2016  
Fri. 12.5 – Sun. 14.5.2017  
Fri. 16.6 – Sun. 18.6.2017  
Fri. 27.10 – Sun. 29.10.2017  
Fri. 24.11 – Sun. 26.11.2017

**The yoga exercise plan for busy people** shows how to bring harmony and rhythm to our daily lives. The topics of the talks will be 'Developing willpower' and 'Inner strength through meditation'. The cooking theory workshop describes how to prepare quick and easy meals and snacks.

## Sunday–Friday programmes 2016/2017

### Active Relaxation and Stress Reduction

Sun. 13.11 – Fri. 18.11.2016  
Sun. 23.4 – Fri. 28.4.2017  
Sun. 28.5 – Fri. 2.6.2017  
Sun. 25.6 – Fri. 30.6.2017  
Sun. 8.10 – Fri. 13.10.2017  
Sun. 5.11 – Fri. 10.11.2017  
Sun. 3.12 – Fri. 8.12.2017

**Holistic relaxation and development of stress coping skills in daily life.**

The classical yoga techniques are presented in the light of modern scientific findings and applied step by step: scientific findings on stress and burnout. Yoga practice: mindfulness in the posture, breathing and relaxation. More awareness in daily movements and at mealtimes. Mantra chanting to regulate the emotions. Relaxation mechanisms in the nervous system and hormones. Positive psychology from the yoga scriptures: development of inner tranquillity under daily pressures.

This programme requires participation in all activities; you receive a certificate of participation for 42 training units of 45 minutes each.



Sunday – Friday programmes 2016/2017

## Yoga – Wellness and Relaxation

In the following periods

13 November – 9 December 2016

23 April – 19 May 2017

28 May – 30 June 2017

8 October – 8 December 2017

the programme takes place every week from Sunday to Friday

**Health is wealth – nature shows the way.**

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 beauty packages (extra cost), sauna and steam pool in the 550 m<sup>2</sup> spa.

We are happy to give individual advice on how to best use your wellness weekend for your personal regeneration.

## Yoga and Mountain Magic

Sun. 27.11 – Fri. 2.12.2016

Sun. 7.5 – Fri. 12.5.2017

Sun. 11.6 – Fri. 16.6.2017

Sun. 22.10 – Fri. 27.10.2017

Sun. 19.11 – Fri. 24.11.2017

**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. Fresh air, pure water, green mountain pastures, quiet woods, medicinal plants along the footpath, sparkling brooks. Nature here in Spring and Autumn is incomparable. Picturesque walks on long, well-maintained and marked hiking trails.

You can join this active yoga vacation at any time. Please bring hiking shoes and raingear.

## Yoga for a Flexible Spine

Sun. 4.12 – Fri. 9.12.2016

Sun. 14.5 – Fri. 19.5.2017

Sun. 18.6 – Fri. 23.6.2017

Sun. 29.10 – Fri. 3.11.2017

Sun. 26.11 – Fri. 1.12.2017

Lack of exercise and mental tension are the main causes of most back complaints. Muscles along the spine and in the shoulder/neck area tense up and become stiff. Discover the best exercises for a healthy back.

Informative PowerPoint presentations on muscle length and muscle strength, the planes of movement of the spine, and the interaction between connective tissue and muscles.

We will take a photo of your personal plumb line test with a postural analysis at the beginning and at the end of this 5-day yoga vacation programme. This will give concrete indications on which asana variations are particularly advisable for your body type.



Sunday – Friday programmes 2016/2017

## Meditation – Experiencing Inner Balance

Sun. 20.11 – Fri. 25.11.2016

Sun. 30.4 – Fri. 5.5.2017

Sun. 4.6 – Fri. 9.6.2017

Scientific studies have shown that meditation improves self-perception, memory and empathy. The meditation practice is not just an effective relaxation technique, but also boosts our power of concentration and our vital energy. Blood pressure and pulse rate are considerably reduced, the breath becomes slower and deeper, and the entire organism receives a richer supply of oxygen. Cell metabolism improves, and the immune system and cardiovascular system are strengthened. The physical, mental and philosophical aspects of meditation are explained in short talks.

### Practical introduction to meditation:

**Being aware of physical sensations:** The two yoga classes daily with individual asana variations help to develop a balanced meditation posture and bring the focus to the here and now. **Breathing meditation:** Individual adjustments to the pranayama techniques refine your breathing and develop one-pointedness of mind. **Emptying the mind:** Mental relaxation and mindfulness exercises.

Sun. 15.10 – Fri. 20.10.2017

Sun. 12.11 – Fri. 17.11.2017

**Concentrating on positive values:** This creates new, uplifting grooves in the mind that gradually replace negative feelings and moods. **Visualisations:** Concentration exercises on light, colours and shapes. Mental images become clearer and more exact. **Sound meditation:** Mantra chanting and mental mantra repetition have a harmonising effect on the mind. **Movement meditation:** On group walks with times of silence you learn to bring this meditative awareness to daily activities. **Meditation@home:** By practising different meditation techniques we discover how we want to continue the meditation practice at home and with what objectives. The instructors are happy to give you individual advice regarding place, time, posture and meditation technique. With a list of recommended reading.

This programme requires participation in all activities; you receive a certificate of participation for 34 teaching units of 45 minutes each.

## Costs for yoga vacation

**Yoga:** €45 per day

Registration and payment:

[www.sivananda.org/tyrol](http://www.sivananda.org/tyrol)

Prices include VAT.

Valid until 31.12.2016.

For 2017 the same rates are valid until further notice.

### Accommodation and meals:

Single room: €75

Double room: €65

Shared room (3–6 beds): €50

Apartment, studio or suite on request.

Costs include VAT and visitor's tax.

Registration and payment

directly at Hotel Sonnberghof:

Tel.: +43 65 62 83 11, [info@sonnberghof.at](mailto:info@sonnberghof.at)

## Cancellation terms

### Yoga vacation:

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%

If you would like to change your booking to another programme organized by the Retreat House in Reith, a rebooking fee of €50 will be charged.

In case of early departure from the programme, the following cancellation fees apply to the yoga part: no refund

### 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.



# Calendar of programmes

## 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.

## 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.

## 11 Nov. – 11 Dec. 2016

### every week Sun.–Fri. Yoga – Wellness and Relaxation

- Fri. 11.11 – Sun. 13.11 Yoga@home
- Sun. 13.11 – Fri. 18.11 Active Relaxation & Stress Reduction
- Fri. 18.11 – Sun. 20.11 Thought Power and Positive Thinking
- Sun. 20.11 – Fri. 25.11 Meditation – Experiencing Inner Balance
- Fri. 25.11 – Sun. 27.11 Yoga Body Check
- Sun. 27.11 – Fri. 2.12 Yoga and Mountain Magic
- Fri. 2.12 – Sun. 4.12 Yoga Lifestyle
- Sun. 4.12 – Fri. 9.12 Yoga for a Flexible Spine
- Fri. 9.12 – Sun. 11.12 Thought Power and Positive Thinking

## 28 May – 30 June 2017

### every week Sun.–Fri. Yoga – Wellness and Relaxation

- 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

## 21 April – 19 May 2017

### every week Sun.–Fri. Yoga – Wellness and Relaxation

- Fri. 21.4 – Sun. 23.4 Yoga@home
- Sun. 23.4 – Fri. 28.4 Active Relaxation & Stress Reduction
- Fri. 28.4 – Sun. 30.4 Thought Power and Positive Thinking
- Sun. 30.4 – 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 for a Flexible Spine

## 8 Oct. – 10 Dec. 2017

### every week Sun.–Fri. Yoga – Wellness and Relaxation

- 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

## 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 km<sup>2</sup>. 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 m<sup>2</sup> 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](http://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 the [www.sonnberghof.at](http://www.sonnberghof.at) website 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](http://www.tirol-taxi.at)



# Yoga vacation in Mittersill 2016/2017

Hohe Tauern, Austria

**Organised by:**

**Sivananda Yoga Vedanta Retreat House**

Founder: Swami Vishnudevananda, est. 1957

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[www.sivananda.at/en](http://www.sivananda.at/en), [www.sivananda.eu](http://www.sivananda.eu)

**Hotel:**

**Landhotel Gut Sonnberghof \*\*\*\***

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