

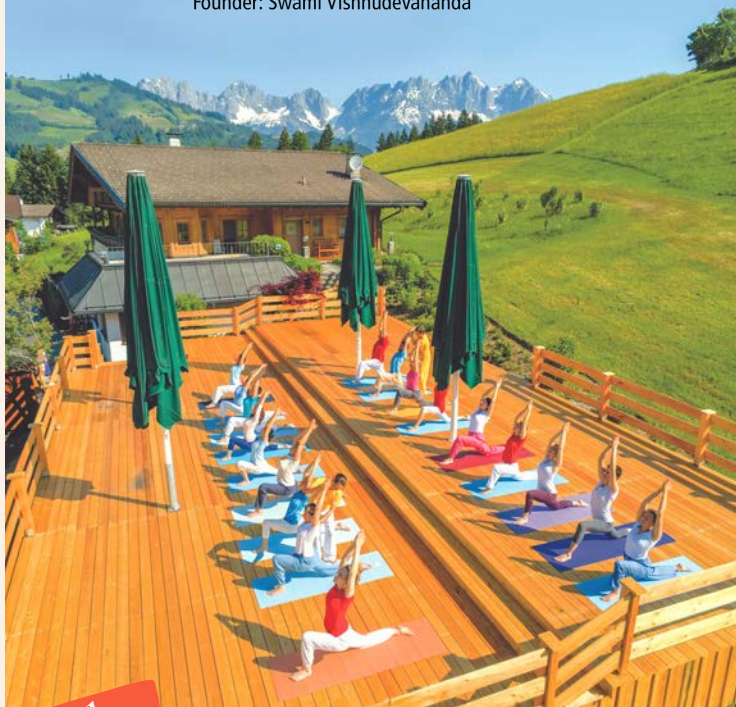


Reith near Kitzbühel, Tyrol, Austria est.1998

Sivananda

YOGA VEDANTA RETREAT HOUSE

Founder: Swami Vishnudevananda



English

SIVANANDA YOGA RETREAT HOUSE

Reith near Kitzbühel

TYROL, AUSTRIA

EST. 1998

FOUNDER: SWAMI VISHNUDEVANANDA

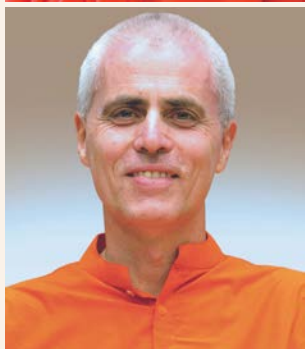
Health and mental poise



Yoga stands for these values. Today they are more relevant than ever.

At the Sivananda Yoga Retreat House, you can experience yoga with an integral approach: Asanas (postures), pranayama (breath training), deep relaxation, a healthy diet, positive thinking and a guided meditation practice.

Yoga is easier than you think, because everyone can experience the self-healing powers of nature. Just a little practice in the right atmosphere can awaken this inner potential of health and mental balance.



Welcome to the vast universe of yoga.

Om Shanti, Om Peace,
Swami Durgananda
Swami Sivadasananda

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OUR ACTIVITIES

An authentic tradition
The International Sivananda Yoga Organization was founded in 1957. Our team has international practice and teaching experience both in India and in many parts of the world. In Reith near Kitzbühel since 1998.

Also Online
Relaxation and health – just a click away.

Experience the complete range of our yoga activities online.

www.sivananda.at



Sivananda Yoga Retreat House

- 1** **Yoga Vacation**
Relax in the beautiful Tyrolean mountains. Enjoy two yoga classes daily, meditations, and informative workshops, as well as delicious organic vegetarian meals. Yoga beginners are very welcome.
- 2** **Yoga Teachers' Training Course – tap the source**
Inspiring and knowledgeable: Learn how to impart the yoga experience to others, based on your practice and self-discipline. Since 1969, over 52,000 graduates worldwide.
- 3** **Yoga and mountain magic**
We show you the most beautiful corners of the Kitzbühel Alps. Combine two-hour hikes with daily yoga classes and meditations.
- 4** **Simple and conscious living**
Convincingly ecological. At the Bio Hotel Pointner the owner herself personally prepares the meals.





SIVANANDA YOGA



Swami Sivananda 1887 - 1963

Swami Sivananda was one of the first yoga masters to teach the synthesis of yoga in English.

'Serve – Love – Give – Purify – Meditate – Realise.'



Swami Vishnudevananda 1927 - 1993

Swami Vishnudevananda founded the Sivananda Yoga Vedanta Centres worldwide.

'Health is wealth - Peace of Mind is happiness - Yoga shows the way.'



Sivananda Yoga
Body – Mind - Spirit

Yoga enriches one's own life and the lives of others.

Precise and simple exercises promote physical and mental health and a natural spiritual development.

THE 4 PATHS OF YOGA

For an integral development
of body, mind and soul



- 1 Hatha Yoga and Raja Yoga
Asanas (postures), pranayama (breathing exercises) and silent meditation create a new physical and mental balance. Inner peace is a source of strength, inspiration and creativity.
- 2 Karma Yoga
Being helpful to others ennobles all areas of life. It opens the heart and helps to overcome self-centeredness and negative attitudes towards one's surroundings.
- 3 Bhakti Yoga
How to maintain one's faith when faced with the finiteness of our own existence? Yoga recommends chanting mantras and an open approach to symbols, whether one is a religious, spiritual or atheistic person.
- 4 Jnana Yoga
Yoga philosophy promotes abstract thinking and logic. The goal is the realisation that there is unity in the midst of all diversity.



YOGA VACATIONS

Leave the tensions and distractions of everyday life behind you

Our yoga vacation programme aims at integral relaxation for body, mind and soul. The daily yoga practice along with an organic vegetarian diet will give new vitality and ease.

Silent meditation and inspiring wisdom teachings bestow natural serenity and positivity.



Whether you are new to the practice or come with experience, the atmosphere of spiritual growth, regeneration and relaxation will help you to soon regain your balance.

Sharing meals, hikes, the yoga classes and meditation. with like-minded people from many countries.

UNIQUE NATURE EXPERIENCES



RELAX
in the Heart of the Alps

VACATION THEMES

for every Level

Learn the know-how for health and inner peace

The Yoga vacations include introductory lectures and practical workshops.

Along with tips for suggested reading and how to practice @ home.

Find your favorite topic from a broad choice of traditional yoga knowledge with a modern outlook.

The yoga platform



PLEASE CHOOSE

Fit with Yoga

Asanas - Strength & Flexibility

New Vitality with Yoga

A Healthy Spine

Asana variations for Everyone

In Peace lies Strength

Yoga - an inner path

Introduction to Meditation

The Meditation Experience

Yoga and Thought Power

Ayurveda - Nutrition according to your
body constitution



Yoga & Mountain Magic

Inner and Outer Expansion in the Kitzbühel Mountains

Combine group hiking excursions with daily yoga sessions and **meditations. We regularly take you to the most beautiful places in the area, for example:**

The Bichlach:

Rolling meadows and forests around the Vogelsberger and the Gieringer Ponds.

Reith Panorama Trail:

Picturesque hillside path with magnificent views of the Kitzbüheler Horn and its green neighbours.



Winter Hikes

Winter hikes directly from the seminar house:

The snow crunches under your shoes, ice crystals glisten in the winter sun, the air is pure and clear and the view expands into the majestic Tyrolean mountains.

Take a break from everyday life.

Enjoy the snow outside and relaxation inside.

Winter sports

In winter, snow sports enthusiasts have plenty of choice here: The ski areas of Kitzbühel and the Wilder Kaiser are close by. You can also try tobogganing, snowboarding or ski touring.





The International Yoga Teachers' Training Course

The "Yoga Teachers' Training Course", or "TTC" for short, is inspiring and authentic.

The outer and inner experience of the training creates the understanding to pass yoga on to others. **The four-week intensive training was founded in 1969 by Swami Vishnudevananda with the vision of spreading peace in the world through yoga.**



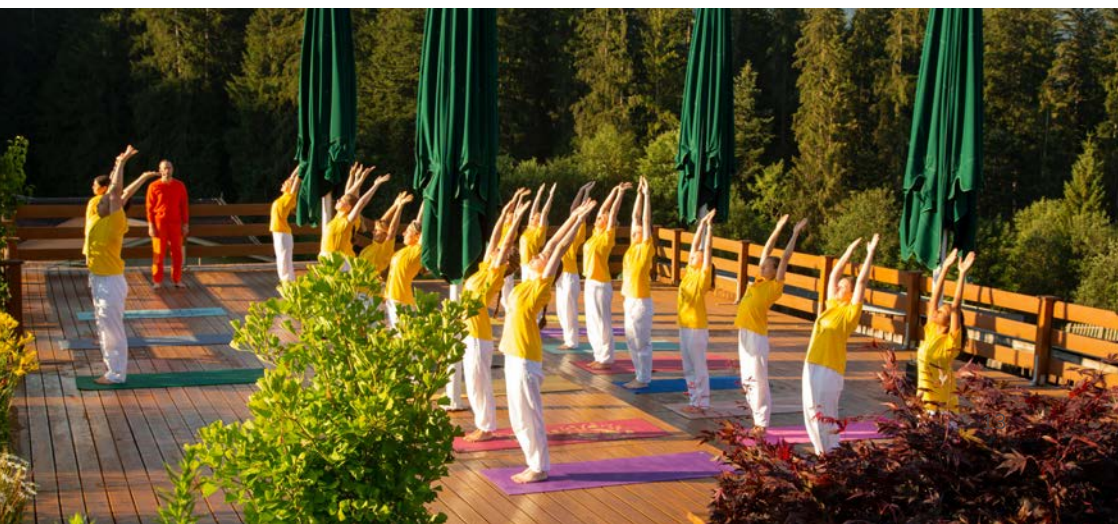
It is the largest and most traditional yoga teachers' training programme in the West with over 52,000 graduates.

What you will learn in theory and practice

- Asanas and Pranayama
- Anatomy and Physiology
- Nutrition
- Classical yoga paths such as Hatha, Raja, Bhakti, Karma and Jnana Yoga
- Meditation
- The classical yoga scripture Bhagavad Gita
- Chanting of Sanskrit mantras
- ... and much more.

Internationally recognised:

- as a basic module for the German health insurance recognition
- for the 200-hour training standard of the Yoga Alliance



The Training Experience

Vitalize and deepen your yoga practice.
Build a solid foundation in a classical yoga tradition.



- 1 Develop the skills to teach yoga asanas, yoga breathing and relaxation.
- 2 Strengthen the outer and inner yoga experience with which you teach others naturally and with confidence.
- 3 Immerse yourself in a well-rounded yogic lifestyle: Asanas (yoga postures) with deep relaxation, vegetarian diet, pranayama (breathing exercises), meditation and mantra chanting.
- 4 Our experienced and dedicated teachers share their experience and the yoga lifestyle with you.
- 5 Surrounded by beautiful nature, you will find an environment which is ideal for integral learning.



Sivananda Yoga Retreat House Tyrol, Austria, est. 1998

Founder: Swami Vishnudevananda

Yoga Planner Yoga Vacation 2024

in Reith near Kitzbühel, Tyrol, Austria, www.sivananda.at

Choose any length of Stay.

Continuous program: Yoga, Rest, and Relaxation

MARCH 2024

Fri., 1 March – Sun., 3 March 2024

Yoga – an Inner Path

Sun., 3 March – Fri., 8 March 2024

Expand Your Asanas

Thu., 7 March – Mon., 11 March 2024

March Retreat: Asanas for a Healthy Back

Fri., 8 March 2024: Sivaratri

Sun., 10 March – Fri., 15 March 2024

Yoga Vitality Week

Fri., 15 March – Mon., 18 March 2024

Sivananda Beginner's Guide to Yoga

Sun., 17 March – Fri., 22 March 2024

Spring Retreat – Yoga Works

Fri., 22 March – Sun., 24 March 2024

Yoga and Thought Power

Sun., 24 March – Fri., 29 March 2024

Yoga Fitness

Sun., 24 March – Fri., 29 March 2024

Yoga and Mountain Magic

Mon., 25 March – Fri., 29 March 2024

Further Training for Yoga Teachers:

Yoga and the Heart

Fri., 29 March – Mon., 1 April 2024

Further Training for Yoga Teachers at
Easter: Holistic Asana Adjustment in the
Yoga Class

APRIL 2024

Mon., 25. March–Fri., 5. April 2024

**Sivananda Easter Retreat: Health
and Positivity**

Dynamic asana and pranayama practice.

Meditation: Step by step to stillness.

Lecture series: Ethics and Yoga Practice and
Vegetables for Everyone with practical tips.

Special guest lectures on astrophysics and
yoga for the heart.

Also: Holi Celebration, Sitar Concert,
Puja for Peace, Healthy vegetarian meals.

Mon., 1. April – Fri., 5. April 2024

Further Teachers Training: Yoga Psychology

19. April – 3. May 2024

**Yoga & Wellness Vacation im
Biohotel Grafenast in Pill, Tyrol**

Panoramic views of the Inntal from the Hotel.

Individually designed rooms, some with
balconies and private sauna

Organic menu with an extensive buffet

Wellness area with massages, organic
cosmetics, sauna, and hammam

Yoga and meditation in a stylish hall

Yoga classes for relaxation and strength

Contemplative get-togethers with meditation,
chanting and conversation

Participation in the yoga holiday per day including accommodation and meals:
in Reith near Kitzbühel, Tyrol ab 104,- €, in Pill, Schwaz, Tyrol from 130,- €
Prices valid until 30.9.2024

Yoga Vacation 2024

in Reith near Kitzbühel, Tyrol, Austria, www.sivananda.at

Choose any length of Stay.

Continuous program: Yoga, Rest, and Relaxation

MAY 2024

Fri., 3 May – Sun., 5 May 2024

Power of Conscious Breathing

Sun., 5 May – Thu., 9 May 2024

Asana Variations for Everybody

Sun., 5 May – Thu., 9 May 2024

The Meditation Experience

Thu., 9 May – Sun., 12 May 2024

Further Training for Yoga Teachers:

Yoga in Pregnancy

Thu., 9 May – Mon., 20 May 2024

Ascension and Whitsun Retreat

Sun., 12 May – Fri., 17 May 2024

In Peace Lies Strength

Sun., 12 May – Thu., 16 May 2024

Further Training for Yoga Teachers:

Yoga over 50

Sun., 12 May – Fri., 17 May 2024

Yoga and Mountain Magic

Fri., 17 May – Mon., 20 May 2024

Further Training for Yoga Teachers:

Breath Work

Mon., 20 May – Fri., 24 May 2024

Expand Your Asanas

Fri., 24 May – Sun., 26 May 2024

Yoga Refresher

Sun., 26 May 2024 – Fri., 31 May 2024

Yoga and Mountain Magic

Sun., 26 May 2024 – Fri., 31 May 2024

Yoga Fitness

JUNE 2024

Fri., 31 May – Sun., 2 June 2024

Yoga@Home

Sun., 2 June – Fri., 7 June 2024

Healthy Spine

Mon., 3 June – Mon., 10 June 2024

Discourses on the Bhagavatam

A journey to the meaning of life with guest of honor Sri Venugopal Goswami, Bhakti Acharya, Vrindavan, North India. With a live Indian music ensemble,

Fri., 7 June – Sun., 9 June 2024

Yoga Fitness

Sun., 9 June – Fri., 14 June 2024

Asanas – Strength & Flexibility

Thu., 13 June – Sun., 16 June 2024

Further Training for Yoga Teachers:

Yoga for Children

Fri., 14 June – Sun., 16 June 2024

Power of Conscious Breathing

Sun., 16 June – Fri., 21 June 2024

Yoga and Mountain Magic

Sun., 16 June – Fri., 21 June 2024

Yoga Workshop Days

Sun., 23 June – Fri., 28 June 2024

Yoga Fitness

Sun., 23 June – Fri., 28 June 2024

The Meditation Experience

Sun., 30 June – Fri., 5 June 2024

Yoga and Mountain Magic

Sun., 30 June – Fri., 5 June 2024

Yoga Relaxation Days

Further Programs: www.sivananda.at

Participation in the yoga holiday per day including accommodation and meals:
in Reith near Kitzbühel, Tyrol from €104 Prices valid until 30.9.2024

Intl. Yoga Teachers' Training Courses (TTC) in Reith near Kitzbühel, Tyrol, Austria, www.sivananda.at

Build a solid foundation in a classical yoga tradition

Mon., 20 May – Mon., 17 June 2024

Sat., 22 June – Sun., 21 July 2024

Sat., 27 July – Sun., 25 August 2024

Sun., 1 September – Sun., 29 September 2024

Sat., 21 December 2024 – Sun., 19 January 2025

Course languages: English/German

Cost incl. room and board: from €2.370

Advanced Yoga Teachers' Training Course (ATTC)

Sun., 1 September – Sun., 29 September 2024, English/German, from €2.370

Prices for Reith valid until 30.9.2024

Online Live Yoga Teachers' Training www.sivananda.at

Experience authentic live training from home

Sat, 6 April – Fri, 3 May 2024

Course languages: English/German, Cost €1.650

Intl. Training Courses, Rudraprayag, Himalayas, India

Yoga Teachers' Training (TTC) www.sivananda.eu

22 October – 20 November 2024

22 February – 23 March 2025

22 October – 20 November 2025

Course languages: English, German, French, and Spanish.

With simultaneous translation. Cost incl. room and board: from €2.900

Advanced Yoga Teachers' Training Course (ATTC)

22 February – 23 March 2025, from €2.900

Sadhana Intensive

29 October – 13 November 2024, from €1.520

Prices for India are valid until 29.7.2024

Further Training Courses for Yoga Teachers 2024

Revitalize and deepen your yoga practice.

Mon., 25.3 – Fri., 29.3: Yoga and the Heart. With Chandrika (Cordula Interthal).

Fri., 29.3 – Mon., 1.4 (Easter): Holistic Asana Adjustment in the Yoga Class, Part 1. With Swami Narayanananda and Narayani Chaitanya

Mon., 1.4 – Fri., 5.4: Yoga Psychology. With Swami Ramapriyananda.

Thu., 9.5 – Sun., 12.5: Yoga in Pregnancy. With Chandrika (Cordula Interthal).

Sun., 12.5 – Thu., 16.5: Yoga over 50. With Swami Ramapriyananda

Fri., 17.5 – Mon., 20.5 (Whitsun): Breath Work. With Swami Sivadasananda.

Thu., 13.6 – Sun., 16.6: Yoga for Children. With Swami Vidyananda and Gayatri.

Fri., 5.7 – Mon., 8.7: Meditation-Know-how.

Fri., 12.7 – Mon., 15.7: Holistic Asana Adjustment in the Yoga Class, Part 2

Thu., 22.8 – Sun., 25.8: Applied Anatomy in Yoga Classes. Swami Narayanananda.

Tue., 27.8 – Fri., 30.8: Stress Relief and Relaxation through Yoga. With Mirabai.

Thu., 3.10 – Sun., 6.10: Yoga and Fascia. With Swami Satyananda.

2025: Yoga Lifestyle Principles in the Class.

Cost incl. room and board: from €349 (3 days), from €466(4 days)

Prices valid until 30.9.2024

Live Onlinekurse:

Live Online Course: Hatha Yoga and LifeStyle

With Swami Sivadasananda, Yoga Acharya.

Every Tuesday, 6:00 – 7:30 pm

Online Live Further Training: Yoga and Medicine

with Chandrika (Cordula Interthal), Gynaecologist and Yoga teacher

Different topics, join any time. In German language.

Mon., 19 February – Mon., 8 April 2024

If you live nearby:

Visit our yoga classes: Mon-Sun, 8:00 – 9:30 am & 4:00 – 5:30 pm

Please book by phone. Cost per class: €20

Rudraprayag, Himalayas, India

View of the Ganges and the yoga platform



Learn and experience yoga in the country of origin

The Monal Resort is surrounded by the majestic Himalayan mountain ranges. It has 53 rooms with breathtaking views of the Ganges and Garhwal Himalayas. Excursions to temples and sacred sites in the area are available.

Intl. Sivananda Yoga Teachers' Training Course (TTC), 4 weeks

Every spring and autumn

Advanced Yoga Teachers' Training Course (ATTC), 4 weeks

Every spring

Sadhana Intensive, 2 weeks

Every year in autumn. Taught in English with German translation. Supervised by the Swamis and staff of the Sivananda Yoga Centres in Europe.

Yoga Retreats

Every year in spring and autumn. Flexible length of stay.

Details: www.sivananda.eu



In the Tyrolean mountains Yoga Teachers' Training Courses *in Reith near Kitzbühel*

The Sivananda Yoga Retreat House is an ideal place for creative and constructive learning:

The yoga platform is a jewel for outdoor practice.



**"Just like the Himalayas"
- this is what many Indian yoga
masters said when they visited the
Retreat House.**

Teaching groups: exploring the
positive potential of yoga.

Nature, water and mountains bring joy
of life and inspiration in every
season.

FURTHER TRAINING FOR YOGA TEACHERS

Regular further training reinforces one's own practice, refines teaching techniques and broadens perspectives.

Yoga and the Heart Effects of yoga on heart and circulation.

Yoga Psychology Exploring your own thoughts from a yoga perspective.

Breath Work Expanded breathing for asanas, relaxation, and concentration.

Yoga over 50 Modified asanas for all life situations.

How to correct asanas A competent and creative approach to the yoga position.

Yoga for Children Yoga is a good foundation for life.

Yoga in Pregnancy

Gradual adjustment of asanas during pregnancy.

Principles of Yoga Lifestyle in class

Introduction of various topics relevant to modern man into the classroom.

Yoga-Anatomy in class

Deepening of teaching techniques.

Stress Relief and Relaxation through

Yoga Regeneration and development of stress competence in everyday life.

Meditation Know-How Experience inner balance through the power of concentration.

Yoga and Fascia Fascia plays a key role in flexibility and mobility.



The further training courses are modules for the two-year Sivananda yoga teacher training. Graduates can then be recognised by the German health insurance companies.

"Just as only a fresh flower attracts the bees, yoga teachers can keep their students only if they practise themselves."

Swami Vishnudevananda

Sivananda Yoga Retreats in Malaga, Spain



**At the Hotel Balcon de
Cómpeeta in the midst of the
beautiful, lush vegetation of
the Malaga mountains.**

22 March - 1 April 2024

24 May - 2 June 2024

19 August - 14 Sept. 2024

A relaxing and invigorating daily programme with morning and evening meditation, yoga classes, lectures and time for a walk in the surrounding area or an excursion to the most beautiful places in the area, such as the beaches of the Costa del Sol (approx. 18 km away), the town of Nerja and much more.

Details: www.sivananda.at

Yoga Wellness Holiday in Mittersill, Hohe Tauern, Salzburger Land, Austria

**Relax, unwind & rejuvenate at Hotel
Sonnberghof 4***

11 - 24 November 2024

Sensitive yoga classes, contemplative gatherings with meditation, singing, and occasional talks.

Relax in the large spa area and heated indoor/outdoor pool. Panoramic relaxation room with outdoor access.

Full range of massage treatments.

Organic vegetarian meals

Rooms with stunning views and natural elements of pine, stone, and linen.

Hikes with views of the 3000m peaks of the Hohe Tauern National Park.

Tuition fee including room and board from €167.



in Pill, Schwaz, Tyrol

**Enjoy the positive effects of yoga in
the relaxed atmosphere of the
Biohotel Grafenast**

19 April - 3 May 2024

Breathtaking panoramic view of the Inn Valley. Rich organic buffet. Yoga and meditation in the stylish meditation room.



THE BIO HOTEL

Your stay in harmony with nature



Bio Hotel and Farm

Since 1998 there has been a close cooperation with the family of Alexandra and Florian Pointner. The wholefood and natural cuisine of the Bio Hotel uses only products from controlled organic cultivation.

Together with her team, Alexandra Pointner personally prepares wholesome vegetarian meals according to yogic principles.

Vegan and gluten-free dietary requirements are respected.



Bio-Hotel



The associated farm is being run according to organic guidelines.

The hotel has green electricity, pellet heating, solar hot water and a small sauna area. Most rooms have a balcony.



Fresh fruits, vegetables and herbs are processed in the hotel kitchen.



Experience Simplicity

“Simple Living – High Thinking”
- Swami Sivananda

Life in the Yoga Retreat House and in the Bio Hotel on the small hill above the village of Reith is characterized by relaxation and mindfulness.

The interior design is deliberately kept simple.

Cows and sheep live a peaceful life on the pastures around the Retreat house .
They are not kept as livestock.

Use the time for contemplative relaxation on the yoga platform, pleasant conversations with like-minded people or a picturesque walk up the nearby Rettenberg.

Simplicity frees new space - physically and mentally.

A bit of idleness, calm and quiet makes room for a more peaceful life.

People in the Retreat House

With heart and soul

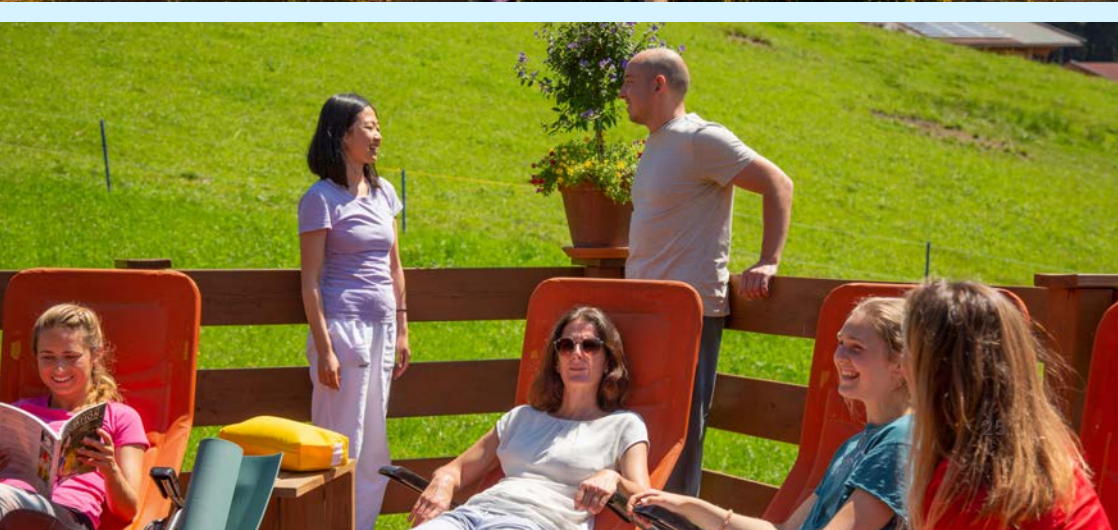
Yoga is our inspiration and the joy of our life.

We look forward to sharing and practicing with you:

Supporting you in your yoga practice, listening with a sympathetic ear for your questions, feeling the silence together, chanting uplifting mantras, and contemplating the classical texts and other yoga literature with you.

We hope to see you soon,
Swami Ramapriyananda, director
for the entire Retreat House Team





Live-Online Yoga Teachers' Training Course



Sat., 6 April – Fri., 3 May 2024

Sat., 16 November – Fri., 13 December 2024

Refresh and deepen your yoga practice

This live online programme conveys the positive effects of the yoga practice and the know-how of teaching yoga as an authentic experience.

Included is a daily mentoring conversation with our senior staff.

The certificate of completion corresponds to the RYS 200 standard of the Yoga Alliance and qualifies to teach online as well as presential yoga classes without physical corrections.

An additional on-site module leads to graduation from the classical Sivananda Yoga Teachers' Training Course.



SIVANANDA YOGA LIVE ONLINE

RELAXATION AND HEALTH – JUST A CLICK AWAY

Practice with guidance, at home, with friends or on holiday. This independence of location brings more flexibility to your yoga practice.

Spread out your mat, switch on and connect. Start or end your day in this way.

Drop in yoga classes, thematic courses, international workshops, Ayurveda from India, morning and evening meditations, mantra chanting and yoga inspiration for the day. Always live and online, with interactive communication via chat.

Many programmes are free of charge.



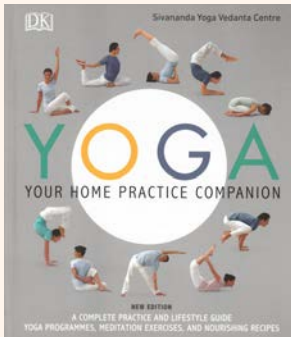
YOGA SHOP

We will gladly advise you on the choice of suitable accessories:

- The appropriate yoga cushion. Our shop carries many colours and sizes.
- Non-slip, environmentally friendly yoga mats in various designs.
- Meditation shawls and outfits in yogic design.
- A wide choice of books covering standard works on Hatha Yoga, health, yoga philosophy, meditation, Ayurveda and vegetarian cooking.

Please also visit our online shop at www.sivananda.at

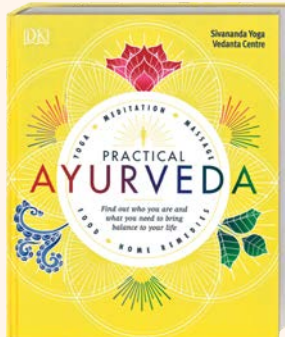
Intern. Bestseller



The holistic practice programme for physical and mental balance. This yoga book provides an ideal guide to a flexible, healthy body and a happy, alert mind. Based on five basic pillars: asanas, breathing, relaxation, nutrition and meditation.

€21,60

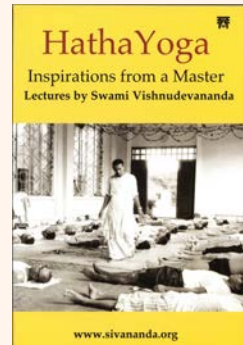
Intern. Bestseller



Traditional Indian medicine for today: This Ayurveda book takes a practical approach, combining yoga and Ayurveda. Comprehensive, holistic and life-affirming, it includes dietary advice, recipes, physical exercises, meditation, Ayurvedic massage, as well as help for specific ailments.

€23,60

New Release



Swami Vishnudevananda (1927-1993) was a pioneer in popularising the message and practice of yoga as a synthesis of the great yoga systems beyond the borders of India.

The lectures presented in this book focus on Haṭha Yoga in its wider context.

€14,90



Sivananda Yoga Retreat House

Est. 1998

Bichlach 40

6370 Reith near Kitzbühel, Tyrol, Austria

Founder: Swami Vishnudevananda

Tel. +43 5356 67 404

Mobil/WhatsApp: +43 664 75486334

Fax +43 5356 67 404 4

tyrol-reception@sivananda.net

www.sivananda.at

ZVR-Nr.: 925544605



Getting Here

By Car:



Munich 125 km, Vienna 375 km, Zurich 376 km, Innsbruck 90 km, Salzburg 80 km.

By Train:



The nearest railway station is Kitzbühel Bahnhof.

From there by taxi to the Retreat House.

Andis Taxi, special price for yoga guests: €20

Tel. +43 5356 66222, +43 664 2808465

By Airplane:



From **Munich Airport** to the Retreat House with Shuttle Taxi Four Seasons

One-way: €69, Round trip: €138, Tel. +43 512 584 157

From **Salzburg airport** with Andis Taxi: €50 (winter season - shared taxi)

From **Innsbruck airport** with Andi's taxi: €220 or by train.

Tel. +43 5356 66222, +43 664 2808465, www.andis-taxi.com