

# MOUNTAIN PARADISE YOGA AHRNTAL VALLEY

## Yoga-weekend in Ahrntal valley 01. – 04.07.2021

### Thursday, 01.07.2021

#### Arrival

Time	6.30 pm– 7.45 pm / 7.45 pm – 8.30 pm
Teacher	Gabriel Prada (or Miriam Kirchler) / Petra Oberhofner
Location	Hotel Schwarzenstein (indoor or outdoor) in Luttach/Ahrntal valley
Participants	max. 15 people
Price	first session -> 75 min. 18 €, second session– 45 min. 12 €, <b>both sessions together 28 €</b>
Yoga	75 min. -> <b>Hatha Yoga</b> with Gabriel 45 min. -> <b>YIN Yoga</b> with Petra
Difficulty level	suitable for everyone

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### Friday , 02.07.2021

Time	9.00 am – 11.30 am
Teacher	Tina Albrecht
Location	meadow near Hotel Bühelwirt in St. Jakob/Ahrntal valley (ev. indoor)
Participants	max. 15 people
Price	<b>28 € including also a small yogasnack</b>
Yoga	60 min. -> <b>Inspire Yoga</b> – afterwards snack and Yogatalk
Difficulty level	suitable for everyone

Time	6.30 pm – 7.45 pm / 7.45 pm – 8.30 pm
Teacher	Miriam Kirchler (or Gabriel Prada) / Tina Albrecht
Location	Hotel Alpenpalace (indoor or outdoor) in St. Johann/Ahrntal valley
Participants	max. 15 people
Price	first session -> 75 min. 18 €, second session - 45 min. 12 €, <b>both sessions together 28 €</b>
Yoga	75 min. -> <b>Vinyasa Flow with Miriam</b> 45 min. -> <b>Yoga Nidra with Tina</b>
Difficulty level	suitable for everyone

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### Saturday , 03.07.2021

Time	9.00 am
Teacher	Petra Oberhofner & Tina Albrecht and/or Tanja Seebold
Location	hay barn at Ederhof in Luttach/Ahrntal valley
Participants	max. 15 people
Price	<b>28 € little surprise included</b>
Yoga	60 min. -> <b>Morning Energizer</b> in the hay barn: afterwards little surprise
Difficulty level	suitable for everyone

<b>Time</b>	6.30 pm– 7.45 pm / 7.45 pm – 8.30 pm
<b>Teacher</b>	Tanja Seebold
<b>Location</b>	Hotel Gallhaus (indoor or outdoor) in St. Johann/Ahrntal valley
<b>Participants</b>	max. 15 people
<b>Price</b>	first session -> 75 min. 18 €, second session -> 45 min. 12 €, <b>both sessions together 28 €</b>
<b>Yoga</b>	75 min. -> <b>Yin yoga with Tanja</b> 45 min. -> <b>Meditation &amp; Pranayama with Tanja</b>
<b>Difficulty level</b>	suitable for everyone

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**Sonntag, 04.07.2021**

<b>Time</b>	8.30 am (start Yoga 9.00 am) – 90 min.
<b>Teacher</b>	Petra, Tanja, Tina, Miriam and Gabriel
<b>Location</b>	Kristallalm Klausberg (1.600 m) in Steinhaus/Ahrntal valley
<b>Participants</b>	max. 15 people
<b>Price</b>	Yoga, healthy breakfast, ascent and descent with the cable car Klausberg included <b>28 €</b>
<b>Yoga</b>	90 min. -> <b>108 Tanzende Krieger</b>
<b>Difficulty level</b>	suitable for everyone

departure

**Subject to modifications**

**Total price including all 6 Yoga-sessions (all inclusive): 150 €**

All units can also be booked individually.

Information and registration: (we can also help you to find an accommodation):

Tourist Information Ahrntal Valley

Via Aurina 22

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The registration via our online shop will be possible soon!