



## “Autumn Yoga Days Gastein” from 21 to 30 October 2016

Starts in just a few days with a big opening celebration

**Yoga Days in Gastein are right around the corner. Actually, they are being offered for the fourth time – but for the first time, they will be taking place in the autumn. And now with even more opportunities to choose from. Aside from yoga itself, the program also consists of singing, dance and healthy nutrition. And everything gets underway with a big opening event.**

From 21 to 30 October 2016, Gastein Valley will captivate guests for the first time with a unique yoga program in autumn – complementing the Yoga Days also held in springtime. Guests can participate in a wide variety of yoga styles as well as creative, sporty, musical, health-oriented and philosophical courses, seminars and workshops. With a constant focus on relaxation and slowing down the pace of our usually so hurried lives.

### Broader program than ever before

Yoga is also a vital component of the festival in autumn. The core program is supplemented by offers from the worlds of dance (NIA, Soul Motion®, 5 Rhythms and BodyVoicing), song (yodeling and mantra chanting), cooking and nutrition (from TCM and Ayurvedic perspectives), nature and spirituality (hiking to sources of spiritual power including meditation). The goal of the “Philosophy Café” is the exchange of ideas in keeping with the motto “Kant and Karma”, which seeks to build a bridge between Asian life teachings and classical European philosophy. The highlight of Autumn Yoga Days will be a session taking place in the Gastein Healing Gallery, a setting unlike anywhere else in the world: Especially for Yoga Days, therapy will be combined with a series of meditative exercises.

### Opening Celebrations – for guests to get to know each other and actively participate

After the initial courses offered on Saturday, 22 October, the big opening event will be held at 8 p.m. at the Bad Hofgastein Congress Hall, during which all participating yoga instructors will present their special style of yoga and invite guests to join them in brief introductory exercises. This is a great opportunity to get an overview of the wide range of choices and give them a try for yourself with the aid of an experienced instructor. Participation is free of charge.

### The Uniqueness of Yoga Days in Gastein

All guests are welcome to attend either one or several events daily at partnering yoga hotels or in public locations, create their own yoga program, and ultimately return from their holidays to daily life with new ideas and renewed vigor. 18 leading hotels from Gastein’s 3 resort communities – Bad Gastein, Bad Hofgastein and Dorfgastein – also offer special package deals. The yoga lessons are suitable for beginners as well as experienced practitioners alike.

### Package for “Autumn Yoga Days”

The package “Source of Inspiration” is bookable at a total of 39 partner businesses between 21 and 30 October 2016. It includes a 3-day yoga pass, valid on 3 consecutive days for yoga sessions at public locations. Packages for 4 nights are offered at guesthouses and hotels in different price categories. The most affordable packages begin at € 176 for 4 nights with breakfast, while 4 nights including half-board at a 4-star hotel is available for as little as € 320.

**Online booking opportunities, details about participating hotels as well as package offers can be found at [www.yoga-gastein.com](http://www.yoga-gastein.com).**

**Concept, Program Design  
and Press Support**

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**“Autumn Yoga Days Gastein – Source of Inspiration” at a glance**

**21 to 30 October 2016** in Bad Gastein, Bad Hofgastein and Dorfgastein  
[www.yoga-gastein.com](http://www.yoga-gastein.com)

**Program Highlights and Instructors**

**YOGA**

- **Meditation and relaxation in the Gastein Healing Gallery with** Anke Kranabetter
- **“Yoga and Tango”,** with Magdalena Grain and Christian Kotrc
- **“Luna Yoga & Inspired Writing”,** with Luna Yoga founder Adelheid Ohlig
- **“Hot Yoga” at the Felsentherme in Bad Gastein,** with Birgit Brandstetter
- **Hatha Yoga for a healthy back,** with Alexandra Meraner
- **Anusara Yoga,** with Annette Söhnlein and Clemens Frede
- **Ashtanga Yoga,** with Natasa Cvetkovic
- **Jivamukti Yoga,** with Andrea Varekova
- **WOYO (WorkOut Yoga) & Pilates,** with Karin Ratte
- **Yin-/Yang Yoga and Yoga Nidra,** with Christine Ranzinger
- **Vinyasa Flow Yoga & Fascia Training,** with Anna Kathalina Langer
- **Partner Yoga (“Yoga-for-Two”),** with Petra Janata and Karin Perkmann
- **“Yoga for Children & Families”,** with Julia Schweiger
- **“Laughter Yoga”,** with Katharina Rosse
- **“Pool Yoga”** (yoga in the water), with Diana Lueger
- **“Aerial Yoga”,** with MaluMagics
- **Pranayama (breathing techniques), meditation & yoga,** with Florian Palzinsky
- **“Yoga & Painting”,** with Christoph Weiermayer

**DANCE & SONG**

- **Soul Motion®, 5 Rhythms, Body Voicing -** with Martin von Rütte
- **NIA & Conscious Dance,** with Regina Matsch
- **“Wave Singing & Intoning”** in and by (thermal) waters, with Karin Juchem
- **“Yodeling & Mantra Chants”,** with Ernestine Halbwidl
- **“Sound Journeys”,** with Ulrike Schülke & Jochen Enderle

**COOKING & NUTRITION**

- **Strengthened by herbs, fortified for the coldest season of the year** (Barbara Berling M.D.)
- **Holistic nutrition & lifestyle according to TCM** (Liane Weber M.D.)
- **Cooking & nutrition from an Ayurvedic perspective** (Daniela Wolff)
- **Discovering herbs “The power of roots – strength from our local soils”** (Heidi Huber)

**NATURE and SPIRITUALITY**

- **“Source Meditation”,** with Alfred Silbergasser
- **Feel, sense, see | “Gaia•Touch”** walk with Peter F. Frank
- **Walk alongside places of spiritual power,** with Anke Kranabetter

**THE PHILOSOPHY CAFÉ**

- **“Kant & Karma” at the Philosophy Café,** with Brigitte Brandstötter

## Partner hotels with their own in-house yoga instructors

### Bad Gastein

Alpine Spa Hotel Haus Hirt | [www.haus-hirt.com](http://www.haus-hirt.com)  
Hotel Miramonte | [www.hotelmiramonte.com](http://www.hotelmiramonte.com)  
Villa Excelsior | [www.villa-excelsior.at](http://www.villa-excelsior.at)  
Hotel Alpenblick | [www.alpenblick-gastein.at](http://www.alpenblick-gastein.at)  
Hotel Europäischer Hof | [www.europaeischerhof.at](http://www.europaeischerhof.at)  
Hotel Mozart | [www.hotelmozart.at](http://www.hotelmozart.at)

### Bad Hofgastein

Verwöhnhotel Bismarck | [www.hotel-bismarck.com](http://www.hotel-bismarck.com)  
Hotel Das Goldberg | [www.dasgoldberg.at](http://www.dasgoldberg.at)  
Hotel Norica | [www.thermenhotels-gastein.at/de/norica](http://www.thermenhotels-gastein.at/de/norica)  
Österreichischer Hof | [www.oehof.at](http://www.oehof.at)  
Hotel Astoria Garden | [www.thermenhotels-gastein.at/de/astoria](http://www.thermenhotels-gastein.at/de/astoria)  
Klammer's Kärnten | [www.hotel-kaernten.com](http://www.hotel-kaernten.com)  
Palace Gastein | [www.kurhotelpalace.at](http://www.kurhotelpalace.at)  
Hotel Alte Post | [www.altepost-gastein.at](http://www.altepost-gastein.at)  
Thermenhotel Sendlhof | [www.sendlhof.at](http://www.sendlhof.at)  
Impuls Hotel Tirol | [www.hotel-tirol.at](http://www.hotel-tirol.at)  
Hotel Salzburger Hof | [www.hotel-salzbuergerhof.com](http://www.hotel-salzbuergerhof.com)  
Appartementhaus Gastein | [www.appartementgastein.com](http://www.appartementgastein.com)

### Descriptions of yoga styles and themes

[www.gastein.com/de/thermen-gesundheit/yoga-in-gastein/yoqatage/yoqastile](http://www.gastein.com/de/thermen-gesundheit/yoga-in-gastein/yoqatage/yoqastile)

### Press photos for download

[www.yoga-gastein.com](http://www.yoga-gastein.com)

### Video – Yoga in Gastein's glorious world of mountains and water

<https://www.youtube.com/watch?v=Qwlm9gy1CuM>

## Preview: Spring 2017

**Spring Yoga Days Gastein – Breathe the Mountains**

24 May – 5 June 2017