



YOGA LOVER MOUNTAIN RETREAT

15. - 18. MAY 2025

✉ kathi@theyoganomad.eu

🌐 www.theyoganomad.eu

📍 www.dersteinerwirt.at

LET LOOSE. ENERGIZE. REFRESH.

A yoga retreat provides the ideal setting to **deepen your practice** through a variety of exercises and enriching experiences **in a truly immersive environment.**

Imagine practicing yoga amidst the **stunning Austrian mountains**, in a beautiful hotel, at a **sun-drenched outdoor deck**, all while indulging in delicious food and refreshing drinks.



INCLUSIVE

- 6x Yoga Vinyasa and Gentle Flow
- 3 Nights @ Der Steinerwirt
- 3x Breakfast all day long
- 2x Dinner together (TAPAS and 3-Course Menu)

Additional Surprise guaranteed!

COSTS

- Double Room 679,00 EUR
- Single Room 829,00 EUR

LIMITED SPOTS
AVAILABLE.
SIGN UP NOW!



PROGRAMME

DAY 1 • THURSDAY

- 15:00 | check-in
- 16:30 - 17:30 | Yoga Welcome Lesson
- 19:00 | Dinner 3-Course Menue

DAY 2 • FRIDAY

- 08:00 | Grab a coffee or tea
- 08:30 - 09:30 | Morning Flow
- Breakfast and Free Time
- 16:30 - 18:00 | Vinyasa Flow + Pranayama
- 19:00 | TAPAS Dinner inklusive Welcome Drink and Dessert

8 HOURS OF
YOGA AND
TONS OF FUN!



DAY 3 • SATURDAY

- 08:00 | Grab a coffee or tea
- 08:30 - 10:00 | Morning Flow
- Breakfast and Free Time
- 14:30 - 15:30 | Vinyasa Flow

Optional

- 17:00 | Wine Tasting with.....
- Dinner free choice

DAY 4 • SUNDAY

- 08:00 | Grab a coffee or tea
- 08:30 - 10:00 | Vinyasa Flow + Meditation
- Breakfast
- 11:00 check out, but you can still enjoy your breakfast, the Hotel or finish with some Hiking

ADDITIONAL OPTIONS FOR SATURDAY (NOT INCLUDED)

- Wine Tasting with a Wine Specialist from Winery Döllinger (35 EUR)
- Dinner à la carte

MORE EXCITING WAYS TO SPEND YOUR FREE TIME

- Numerous hiking & biking opportunities starting right behind the hotel
- Salzburger Saalachtal Card
- Exclusive in-house sauna

PAYMENT TERMS

- 50% with Booking , 50% before 17th May
- Your Payment can be made via Bank Transfer or PayPal

CANCELLATION POLICY

- Free cancellation is possible up to 20 days before arrival.
- For cancellations made later:
 - Up to 5 days before arrival, 50% of the total price will be charged.
 - From 4 days before arrival or in case of no-show, 100% of the total price will be charged.



I LOOK
FORWARD TO
SEEING YOU!