

## Events 04.10.2024 - 10.10.2024

### Friday, 04.10.2024

**08:30 - 09:30**

#### **Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)**

Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

**09:30**

#### **Yoga and brunch**

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

**14:00 - 16:00**

#### **Manufactory Lech**

Original products made in Lech

Opening hours: 2 pm - 4 pm

Where: Raiffeisenbank Lech

**14:30**

#### **Café & cake panoramic tour Rüfikopf**

Café & cake panoramic ride Rüfikopf - the combination ticket

Daily from 2:30 p.m.- ascent and descent with the Rüfikopfbahn including a cup of café and a piece of cake in the Panormarestaurant Rüfikopf.

Prices: including ascent and descent: € 30

with valid cable car ticket: € 11,20

**18:30**

#### **Rote Wand Masterclass**

Fermentation Masterclass every Wednesday at 6.30 pm.

Immerse yourself in the world of fermentation: discover lacto- and lactic acid fermentation, kombucha and koji. Learn the secrets of these techniques. Menu of 4 large courses, accompanied by selected wines. Non-alcoholic beverage accompaniment is possible.

Surprise Masterclass every Friday at 6.30 pm. Expand your culinary knowledge with changing themes: Every Friday we surprise you with new content. Examples include the carving of game from our own hunt, followed by a menu focussing on game, or the world of sourdough, including knowledge and the production of bread and focaccia. Menu of 4 large courses, accompanied by carefully selected wines and non-alcoholic drinks.

Every Tuesday

Price: € 180 (masterclass & menu)

Start: 6.30 pm

Registration: [gasthof@rotewand.com](mailto:gasthof@rotewand.com)

## Events 04.10.2024 - 10.10.2024

### Friday, 04.10.2024

18:54

#### Skyspace-Lech Guided Tour

During the 50-minute guided sunset-tour, you will learn everything about this extraordinary work of art by the US artist James Turrell.

Price: € 15 per person

Tickets: <https://www.lechzuers.com/de/erlebnisse-buchen/erlebnisse> or in the Lech Zürs Touristoffice.

Registration: required until 6 pm the day before

Location: Skyspace-Lech

### Saturday, 05.10.2024

08:30 - 09:30

#### Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)

Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

09:30

#### Yoga and brunch

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

14:30

#### Café & cake panoramic tour Rüfikopf

Café & cake panoramic ride Rüfikopf - the combination ticket

Daily from 2:30 p.m. - ascent and descent with the Rüfikopfbahn including a cup of café and a piece of cake in the Panormarestaurant Rüfikopf.

Prices: including ascent and descent: € 30

with valid cable car ticket: € 11,20

17:30 - 18:30

#### YIN YOGA

YIN Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

## Events 04.10.2024 - 10.10.2024

### Saturday, 05.10.2024

- 18:00**                      **Sandhof terrace**  
Local/friends guest chefs at the village table - cook for you their favorite recipes - uncomplicated it should be - together at the big village table everyone eats together - it is ladled out of sumptuous bowls - like at a big family dinner.  
Price: € 65,-  
Time: 6 pm  
Registration: +435583 2298 or info@sandhof.at  
Location: Hotel Sandhof, Lech

### Sunday, 06.10.2024

- 08:30 - 09:30**                      **Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)**  
Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday  
Sunday and Monday session: Vinyasa  
Afternoon session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm  
Registration at: happy@goldenerberg.at  
Price per person: € 15,-
- 09:30**                              **Yoga and brunch**  
Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person  
(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)  
Where: Hotel Goldener Berg, Oberlech  
Time: from 09:30 am  
Registration: happy@goldenerberg.at
- 11:00**                              **Harvest mass**  
Where: in Zug with the Kaufmann family  
Time: from 11:00 am , followed by a farm party  
With musical entertainment by Gerhard Lechner  
The physical well-being is taken care of!  
The Kaufmann family and all helpers look forward to seeing you there.
- 14:30**                              **Café & cake panoramic tour Rüfikopf**  
Café & cake panoramic ride Rüfikopf - the combination ticket  
Daily from 2:30 p.m.- ascent and descent with the Rüfikopfbahn including a cup of café and a piece of cake in the Panormarestaurant Rüfikopf.  
Prices: including ascent and descent: € 30  
with valid cable car ticket: € 11,20

Events 04.10.2024 - 10.10.2024

Sunday, 06.10.2024

17:30 - 18:30

**YIN YOGA**

YIN Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

Monday, 07.10.2024

08:30 - 09:30

**Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)**

Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

09:30

**Yoga and brunch**

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

15:00

**Highest Vision Meditation with Anja Löhning**

On holiday, your "Highest Vision" is created out of joy and lightness. It therefore also carries these signs. Wouldn't it be wonderful to immerse yourself in your ideal life and take some of it home with you from your holiday?

Price 40 € per person

Minimum 2 participants

When: Monday

Time 3 pm or 5 pm

Where: Yoga room, Hotel Goldener Berg

By pre-booking by Sunday evening at the latest.

Individual coaching session (60 - 90 minutes): € 150,-

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

## Events 04.10.2024 - 10.10.2024

### Monday, 07.10.2024

17:30 - 18:30

#### YIN YOGA

YIN Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

### Tuesday, 08.10.2024

08:30 - 09:30

#### Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)

Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Price per person: € 15,-

09:30

#### Yoga and brunch

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(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

16:00

#### Rote Wand Cookery Class

Embark on a culinary journey of discovery: From the fish pond through the vegetable gardens and raised beds, where fresh ingredients are collected for the menu. Prepare a 3-course menu yourself with Jamie Unshelm, accompanied by wines or non-alcoholic drinks.

Price per person: € 170

Start: 4 pm

Registration at: [gasthof@rotewand.com](mailto:gasthof@rotewand.com)

Where: Gasthof Hotel Rote Wand, Zug

16:30

#### Four Hands Dinner at the Rote Wand Chef's Table with Asiana Projekt

'Asiana Prjkt' is the delicious combination of Korean and French cuisine, created by Jaeho, an innovative chef and food enthusiast, His unique dishes are inspired by the flavours and spices of Korea, paired with a pinch of French finesse that will get your taste buds buzzing! The 'Asiana Prjkt' team includes Jaeho and Yuni.

Cost: € 150

Time: 4.30 pm & 8 pm

incl. menu & wine pairing

Booking: [gasthof@rotewand.com](mailto:gasthof@rotewand.com)

## Events 04.10.2024 - 10.10.2024

### Tuesday, 08.10.2024

17:00 - 18:00

#### Relax Yoga & Sound

Weather permitting, the yoga session takes place in front of the hotel on the tennis court.

Time: 5 pm - 6 pm

Price: € 15,-

Where: Burg Hotel, Oberlech

Registration: info@burghotel-lech.com

### Wednesday, 09.10.2024

08:30 - 09:30

#### Yoga at Hotel Goldener Berg (Hatha, Vinyasa, Iyengar)

Hatha Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

Price per person: € 15,-

09:30

#### Yoga and brunch

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(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: happy@goldenerberg.at

17:30 - 18:30

#### YIN YOGA

YIN Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

Price per person: € 15,-

## Events 04.10.2024 - 10.10.2024

### Wednesday, 09.10.2024

18:30

#### Rote Wand Masterclass

Fermentation Masterclass every Wednesday at 6.30 pm.

Immerse yourself in the world of fermentation: discover lacto- and lactic acid fermentation, kombucha and koji. Learn the secrets of these techniques. Menu of 4 large courses, accompanied by selected wines. Non-alcoholic beverage accompaniment is possible.

Surprise Masterclass every Friday at 6.30 pm. Expand your culinary knowledge with changing themes: Every Friday we surprise you with new content. Examples include the carving of game from our own hunt, followed by a menu focussing on game, or the world of sourdough, including knowledge and the production of bread and focaccia. Menu of 4 large courses, accompanied by carefully selected wines and non-alcoholic drinks.

Every Tuesday

Price: € 180 (masterclass & menu)

Start: 6.30 pm

Registration: [gasthof@rotewand.com](mailto:gasthof@rotewand.com)

### Thursday, 10.10.2024

08:30 - 09:30

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Sunday and Monday session: Vinyasa

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Time: from 09:30 am

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

18:30

#### Rote Wand Wine and Dine

On Thursdays Jamie prepares a 6-course menu, accompanied by matching wines from our team. Menu consisting of 6 large courses. Non-alcoholic beverage accompaniment is possible.

Price: € 180 incl. menu & wine pairing

Registration: [gasthof@rotewand.com](mailto:gasthof@rotewand.com)

Start: 6.30 pm