

## Events 22.11.2024 - 28.11.2024

### Friday, 22.11.2024

#### **Alkaline health week at Hotel Goldener Berg**

Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.

Where: Hotel Goldener Berg

#### **CRT - Call - Re-Active with Tina Pfefferkorn**

A human being consists of around 200 types of cells and around 100 trillion cells. Like workers in a large factory, these cells have to work well together. The better this co-operation works, the greater the efficiency of your bodily functions. This automatically increases your well-being. You are healthy. Over time, in the course of our daily lives, cell functions can be permanently disrupted. Through accidents, for example, or emotional shocks such as loss. The function of the cells in a certain area decreases or the areas become completely inactive. We perceive this reduction in cell function as restricted movement, dysfunction or even pain.

Where: Hotel Goldener Berg

Duration: 2 hours private session

Cost: € 150,- per person

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

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

**08:30 - 09:30**

#### **Yinyasa Yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

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

Where: Hotel Goldener Berg

**10:30 - 11:30**

#### **Meditative journey**

Meditative journey

Time: 10:30 pm

Price per person: € 15,-

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

Where: Hotel Goldener Berg

**17:30 - 18:30**

#### **Tantra Hatha Yoga at Hotel Goldener Berg**

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

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

Where: Hotel Goldener Berg

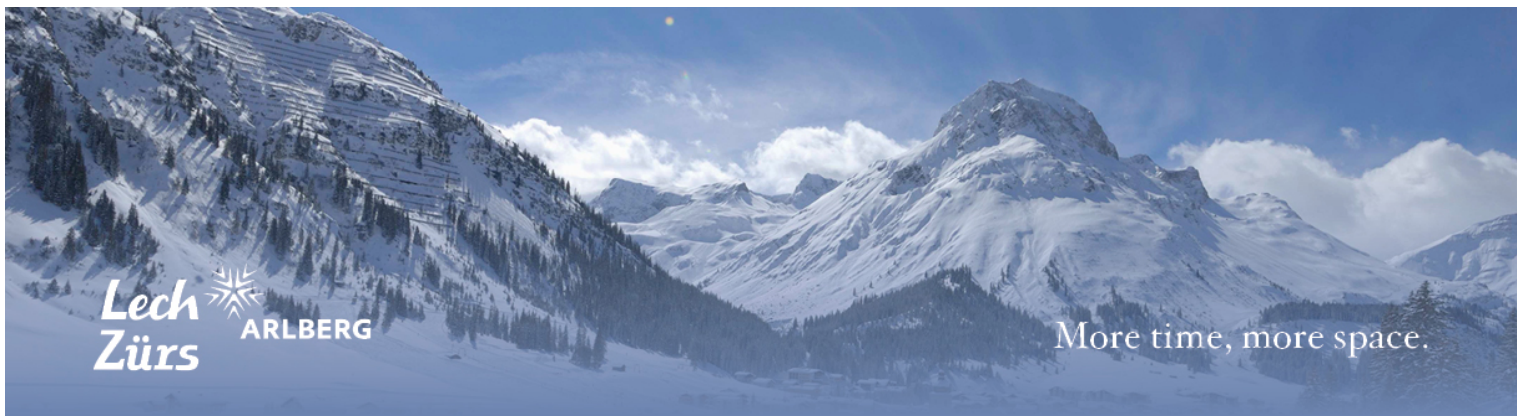
**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof



## Events 22.11.2024 - 28.11.2024

### Saturday, 23.11.2024

#### **Alkaline health week at Hotel Goldener Berg**

Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.

Where: Hotel Goldener Berg

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

**08:30 - 09:30**

#### **Yin yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

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

Where: Hotel Goldener Berg

**17:30 - 18:30**

#### **Tantra Hatha Yoga at Hotel Goldener Berg**

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

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

Where: Hotel Goldener Berg

**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Sunday, 24.11.2024

#### **Alkaline health week at Hotel Goldener Berg**

Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.

Where: Hotel Goldener Berg

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

**08:30 - 09:30**

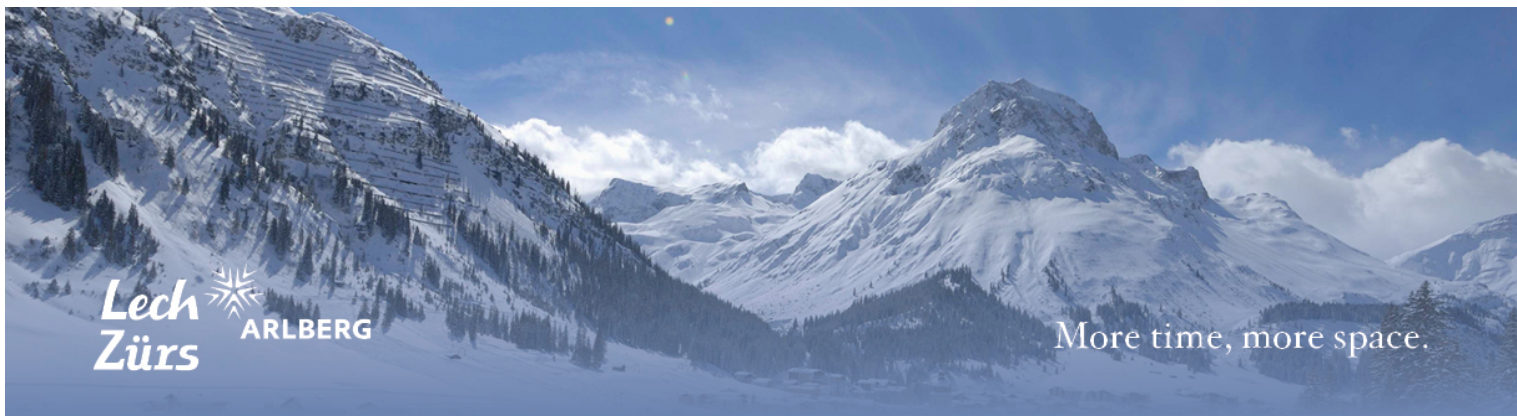
#### **Yin yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

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

Where: Hotel Goldener Berg



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More time, more space.

## Events 22.11.2024 - 28.11.2024

### Sunday, 24.11.2024

- 10:30**                    **Breathwork**  
Time: 10:30 am  
Price: € 15,- per person  
Where: Hotel Goldener Berg  
Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)
- 17:30 - 18:30**            **Tantra Hatha Yoga at Hotel Goldener Berg**  
Tantra Hatha Yoga session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)  
Where: Hotel Goldener Berg
- 18:00**                    **Happy Afterwork at the Tannbergerhof**  
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof

### Monday, 25.11.2024

- Alkaline health week at Hotel Goldener Berg**  
Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.  
Where: Hotel Goldener Berg
- Pepper, salt & smoke**  
Reservation requested under T.: +43 5583 2202  
Where: Hotel Tannbergerhof
- 08:30 - 09:30**            **Yin yoga at Hotel Goldener Berg**  
Yin yoga Morning session 8.30 am - 9.30 am  
Price per person: € 15,-  
Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)  
Where: Hotel Goldener Berg
- 10:30**                    **Pranayama / Breathing meditation**  
Time: 10:30 am  
Price: € 15,- per person  
Where: Hotel Goldener Berg  
Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)



## Events 22.11.2024 - 28.11.2024

### Monday, 25.11.2024

15:00 - 16:00

#### 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

Where: Yoga room, Hotel Goldener Berg

By pre-booking by Sunday evening at the latest.

Individual coaching session (60 - 90 minutes): € 198,-

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

17:30 - 18:30

#### Tantra Hatha Yoga at Hotel Goldener Berg

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

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

Where: Hotel Goldener Berg

18:00

#### Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Tuesday, 26.11.2024

#### Alkaline health week at Hotel Goldener Berg

Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.

Where: Hotel Goldener Berg

#### Pepper, salt & smoke

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

08:30 - 09:30

#### Morning flow Yoga at Hotel Goldener Berg

Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

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

Where: Hotel Goldener Berg

10:30

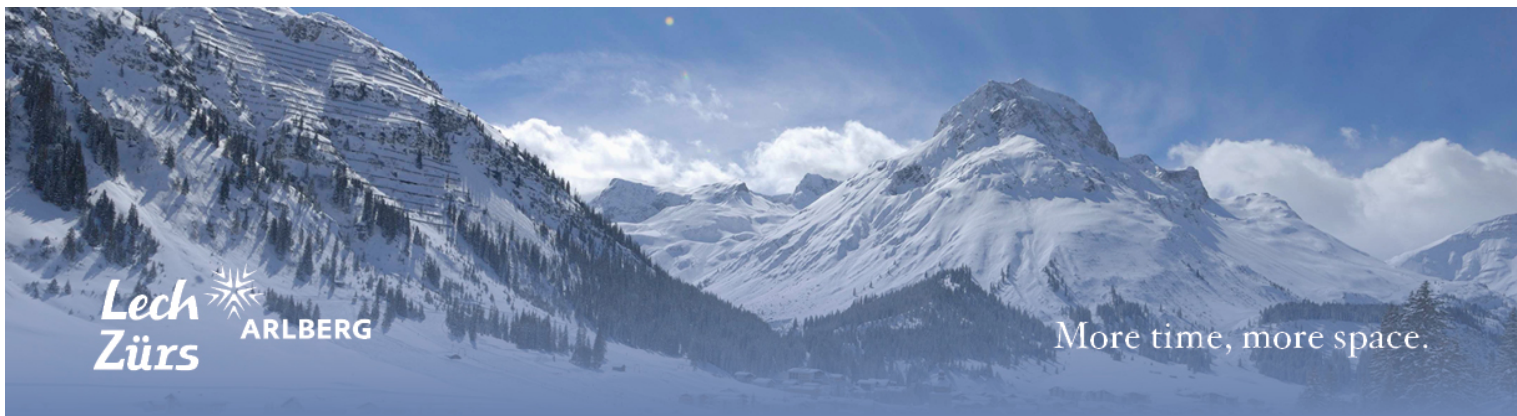
#### Alpine bathing

The combination of yoga and a walk in the incredibly inspiring mountain landscape ensures peace, tranquillity, relaxation and happiness.

Price: € 25,- per person

Registration until 07.00 pm the day before at +43 5583 2205

Location: Hotel Goldener Berg, Oberlech



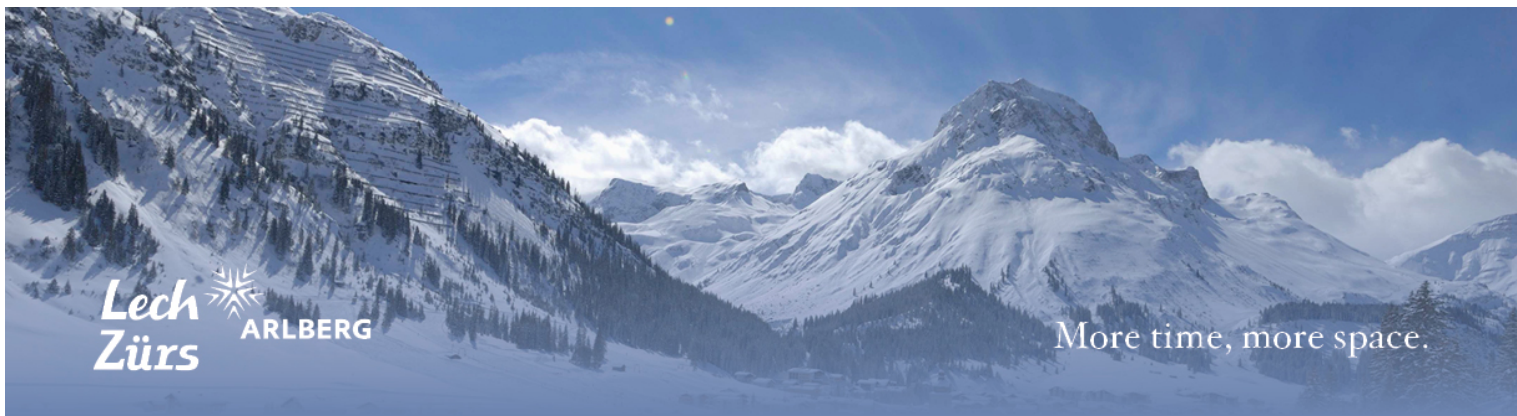
## Events 22.11.2024 - 28.11.2024

### Tuesday, 26.11.2024

- 17:00**                    **Functional Training**  
Gentle posture, flexibility and strength training that activates the functional muscle chains.  
Block of 10: € 95,-  
From 07 November 2024, Tuesday & Thursday 5 pm - 6 pm  
Where: Training room Physio Lech, in the Dr Rhomberg Sanatorium
- 17:30 - 18:30**            **Glow & Flow Yoga**  
Yoga Morning session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg
- 18:00**                    **Happy Afterwork at the Tannbergerhof**  
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof

### Wednesday, 27.11.2024

- Alkaline health week at Hotel Goldener Berg**  
Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.  
Where: Hotel Goldener Berg
- Pepper, salt & smoke**  
Reservation requested under T.: +43 5583 2202  
Where: Hotel Tannbergerhof
- 08:30 - 09:30**            **Energetic Yang Flow Yoga at Hotel Goldener Berg**  
Yoga Morning session 8.30 am - 9.30 am  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg
- 10:30 - 11:30**            **Crystal singing bowl soundbath with yoga nidra**  
Yoga Morning session 10.30 am  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg
- 17:30 - 18:30**            **Gentle Yin Flow Yoga**  
Yoga session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg



## Events 22.11.2024 - 28.11.2024

### Wednesday, 27.11.2024

- 18:00** **Happy Afterwork at the Tannbergerhof**  
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof

### Thursday, 28.11.2024

- Alkaline health week at Hotel Goldener Berg**  
Alkaline health week - boost your immune system once again with alkaline feel-good food before the winter season. Also available to pick up at home.  
Where: Hotel Goldener Berg

- Pepper, salt & smoke**  
Reservation requested under T.: +43 5583 2202  
Where: Hotel Tannbergerhof

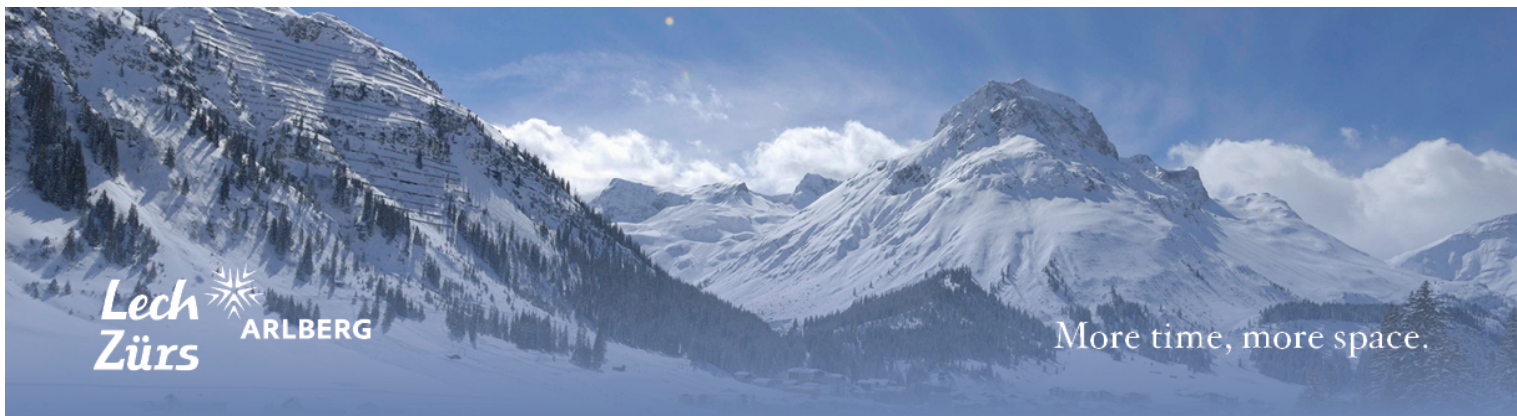
- 08:30 - 09:30** **Rise & Shine Yoga**  
Yoga Morning session 8.30 am - 9.30 am  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg

- 10:30** **Alpine bathing**  
The combination of yoga and a walk in the incredibly inspiring mountain landscape ensures peace, tranquillity, relaxation and happiness.  
Price: €25,- per person  
Registration until 07.00 pm the day before at +43 5583 2205  
Location: Hotel Goldener Berg, Oberlech

- 17:00** **Functional Training**  
Gentle posture, flexibility and strength training that activates the functional muscle chains.  
Block of 10: €95,-  
From 07 November 2024, Tuesday & Thursday 5 pm - 6 pm  
Where: Training room Physio Lech, in the Dr Rhomberg Sanatorium

- 17:30 - 18:30** **Relaxing Afternoon Yoga**  
Yoga Morning session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration at: happy@goldenerberg.at  
Where: Hotel Goldener Berg

- 18:00** **Happy Afterwork at the Tannbergerhof**  
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof



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## Events 22.11.2024 - 28.11.2024

### Thursday, 28.11.2024

18:00

#### **Stretch & Relax**

In this session, we aim to stretch and relax the body and improve flexibility. The focus is on relaxation and regeneration.

Block of 10: € 95

When: Thursday 6 pm - 7 pm

Where: Physio Lech training room in the Dr Rhomberg Sanatorium

