



# VITALITY RETREAT

## Program

02.06.2025 - 06.06.2025

Welcome to the EDELWEISS Vitality Retreat. We are delighted that you are with us at DAS EDELWEISS Salzburg Mountain Resort.

Our certified yoga teacher Johanna Bagowski will lovingly and carefully guide you through the week.

### MONDAY, 02. JUNE 2025

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4.15 pm. Welcome in the activity room. Various snacks await you, such as fruit, nuts and a ginger shot

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5.00 pm. - Classic yoga class incl. compresses  
6.00 pm.

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Time for relaxation, spa and dinner

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9.00 pm. - Evening meditation incl. lavender compresses  
9.30 pm.

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## TUESDAY, 03. JUNE 2025

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7.15 am. - Meditation incl. ginger tea  
7.35 am.

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7.45 am. - Mobility Body and Mind class  
8.45 am.

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Breakfast

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11.00 am. Lecture on strength management, stress management and  
yoga philosophy

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4.30 pm. - Yin Yoga incl. beetroot shot  
5.30 pm.

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Time for relaxation, spa and dinner

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9.00 pm. - Relaxation journey incl. lavender compress  
9.30 pm.

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## WEDNESDAY, 04. JUNE 2025

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7.15 am. - Morning walk  
8.15 am.

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8.45 am. - Morning Flow incl. ginger tea  
9.30 am.

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Breakfast and free lunchtime

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12.00 pm. - Bike & Hike excursion  
4.00 pm.

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Time for relaxation, spa and dinner

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9.00 pm. - Reflection & meditation incl. lavender compress  
9.30 pm.

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## THURSDAY, 05. JUNE 2025

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7.15 am.      Cooling pool

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8.00 am. -      Functional training  
8.45 am.

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12.30 pm. -      Lecture on fascia and fascia training applications  
2.00 pm.

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4.00 pm. -      Body & Mind pilates course incl. beetrot shot  
5.00 pm.

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Time for relaxation, spa and dinner

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9.00 pm. -      Silent meditation incl. lavender compress  
9.15 pm.

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## FRIDAY, 06. JUNE 2025

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7.15 am. -      Morning meditation incl. ginger tea  
7.35 am.

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7.45 am. -      Full body workout with yoga elements  
8.45 am

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Breakfast & departure

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*Namaste*

We look forward to your visit!  
Your family Hettegger & the EDELWEISS-team