



It's
all
about
you

TREATMENTS & PROGRAMME



European Ayurveda Resort
Sonnhof Tirol

TO OUR EUROPEAN AYURVEDA FRIENDS!

Get away from the everyday. Immerse yourself in the world of European Ayurveda and experience this Eastern philosophy of life here in the Tyrolean mountains. Discover yourself. Come closer to yourself. Consciously take time for yourself. Enjoy Ayurvedic treatments, connect with your soul during yoga sessions and find yourself during meditation. The world of Ayurveda can be explored at your own personal pace. It's time to experience it for yourself.

European Ayurveda® takes the holistic teachings of Ayurveda and tailors them for the needs of our fast-paced modern European society. European Ayurveda offers the ideal formula for greater harmony, health, purity and balance. The teachings of Ayurveda combine regional products, environmental awareness, yoga and meditation - all adapted for a European lifestyle. It offers a symbiosis of medical and therapeutic expertise from the old and new worlds, different designs and flavours, spiritual clarity and a holistic approach.

**I feel really good because I have the power
to make positive changes in my life.**

The Mauracher family and the "I feel really good" team





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DETOX & ENERGISE



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EA = European Ayurveda





Consultation and Treatment

Complementary medicine, Ayurvedic expertise and TCM

Attuned to your needs: pulse diagnosis, complementary diagnostic and treatment methods and traditional Chinese medicine (TCM) all form part of your personal treatment plan.



Ayurvedic Nutrition

'One man's meat is another man's poison'

A combination of vegetarian Ayurvedic nutrition and regional produce from our own farm results in intuitive and Dosha-supporting dishes in harmony with nature. Our dishes satisfy your hunger as well as providing lasting nourishment for body and soul.



Yoga and Meditation

Yoga, Qigong and guided meditations

Yoga and meditation sessions based on European Ayurveda's teachings draw your attention inwards. Relaxation, clarity and harmony follow. Move away from externalities and tune in to yourself and your needs.



Nature and Exercise

Gentle exercise in nature, places of spiritual energy, forest bathing ...

Body and mind make an inseparable entity, and since a healthy mind can only live in a healthy body, we consider nature and exercise important components of your wellbeing: for a life in balance.



Healing Spirit

Mindfulness, me-time and personal development

Who am I? What fulfils me? From Mind-Detox© to Empowerment Mentoring and Shamanic coaching, one-to-one emotional support with European Ayurveda's energy medicine helps you navigate your journey through life autonomously and with mindfulness.



Health Med

Conventional medical diagnostics and treatments

As pioneers of European Ayurveda, our work combines Eastern medicine and the findings of farsighted conventional physicians. The best of both worlds ensures holistic healing.



Training and Coaching

Develop your potential, find your calling and drive your passion

Learn the teachings of European Ayurveda and recognise your true purpose. Go through life with ease, finding joy in your life and work. Step away from merely having a job, and towards your calling: make your passion a success.

7 Pillars OF EUROPEAN AYURVEDA®

WE ARE HERE FOR YOU



ELISABETH MAURACHER

Owner

- Pioneer of European Ayurveda
- European Ayurveda and mindful empowerment expert
- Female business coach
- Founder of Glory Female Life: earn what you deserve!

GAURAV SHARMA

Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- State-certified Ayurvedic Practitioner



RAJAT VASHISHT

Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- State-certified Ayurvedic practitioner
- Nutrition coach and certified Bach Flower Remedy consultant

DR. ALAETTIN SINOP

Naturopathic services

- Acupuncture/TCM
- Ayurvedic medicine and consultations
- Pulse Diagnosis
- Manual medicine/Chiropractic
- Neural therapy/Homeopathy
- Neurocybernetic massage therapy/HNC

Conventional medical services

- General medicine/emergency medical care
- Medical check-up
- Non-invasive diagnostic methods (sonography, ECG)
- Laboratory tests
- GP and specialist in naturopathic Medicine



MALINI

HÄUSLMAIER

Nutrition, lifestyle and everyday life choices

- Traditional Ayurveda specialist, trained in India
- Practice experience gained at a number of Ayurvedic centres in India
- Psychotherapist and mental coach



SONJA

SCHWAIGER

Feel-good assistant

- Assistant to the Ayurveda specialists
- Currently studying to become a European Ayurveda specialist



JACQUELINE

STARCK

Feel-good assistant

- Assistant to the Ayurveda specialists
- Currently studying to become a European Ayurveda specialist



**SARAH SCHURIAN-
BERGMEISTER**

**Ayurveda specialist:
organisation and
treatment support**

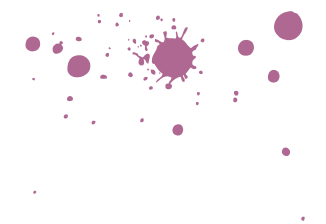
- Naturopath
- Psychoenergetic kinesiologist
- Ayurveda specialist



**CHRISTINE
SCHNEIDER**

Feel-good assistant

- Assistant to the Ayurveda specialists
- Currently studying to become a European Ayurveda specialist





Did you know?

Info about the different
Dosha types can be found in
our **magazine** and also at
www.sonnhofayurveda.at



Your three bio-energies

Vata, Pitta & Kapha

Your mental, spiritual and physical make-up - your temperament, your likes and dislikes, your nutritional needs and your emotions - are all guided by your doshas. Each dosha consists of two of the five elements: ether, air, fire, water and earth. These three bio-energies influence your body, your environment and your whole being, depending on the doshas you were born with. Is your Vata predominant? Or maybe your Pitta or Kapha? Every person is different. Every dosha composition is unique. And this creates many different constitutional types. The goal is to achieve a harmonious balance of all three doshas. With the help of a consultation and pulse diagnosis, we can work together to discover your personal dosha composition, so that you can live a life of health, harmony and contentment according to your constitutional type.

Our Ayurveda programme allows you to discover the world of Ayurveda in a gentle and relaxed way, according to your unique needs. Choose the right programme for you with our treatment finder. You can find all the information you need in our magazine and also at www.sonnhof-ayurveda.at.



The Foundations of EA

PULSE DIAGNOSIS

A pulse diagnosis determines your individual dosha make-up and constitutional type

The Ayurveda specialist places their index, middle and ring fingers on the inside of your wrist and feels your pulse with varying degrees of pressure. In addition to a pulse diagnosis, your lifestyle will also be examined during the consultation, including your eating habits and digestion, sleeping patterns, stress, problems, etc. Using the pulse diagnosis and the results of the consultation, the specialist can then determine your constitutional mix of bio-energies as well as any current disturbances or pre-existing imbalances. Using anamnesis, our Ayurveda practitioners, doctors, physicians and specialists will then work with you to develop an individual treatment plan.

PULSE DIAGNOSIS - on request

Duration: approx. 45-minute

(also available in English)



Gaurav Sharma, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India; worked with the Mauracher family in the development of European Ayurveda. He provides Ayurvedic diagnosis and treatment at the Sonnhof alongside his wife Rajat Vashisht, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India.

MEANING OF LIFE CONSULTATION - on request

Two 45-minute consultations,
including preparation time



Regeneration

The first regeneration process is based on the assumption that everything in this moving world is subject to the power of change and development. Sooner or later, something will change in your life, whether you are ready for it or not. Therefore, you should always concentrate on the positive and believe that your future will change for the better. This way of thinking not only helps you on a psychological level, but can also help you to deal with unwanted stress on a physical level.

... Everything you feed your body stimulates your cells and has either a positive or negative influence on your health and well-being. An unbalanced diet and an excess of unhealthy, complex and processed foods, such as meat, fried foods and alcohol, can lead to a slower metabolism, delaying your body's recovery and regeneration. That's why you should always make sure you are eating a balanced diet.

... Working non-stop under stress and without a break often leads to concentration problems, impairs creativity and brings you out of balance. Therefore, you should consciously take time to relax.

... Self-healing is key to regeneration. Dedicating just 15 to 30 minutes a day only to yourself and your mental and physical health can boost your relaxation and regeneration.

... Warm, fresh, seasonal, local and light food strengthens your immune system. Avoid late meals and make sure you drink enough. In general, listen to your body - sport, meditation, breathing exercises and getting enough sleep should always be part of your routine.

... Last but not least: Create a loving environment with the people closest to you.

*I feel really
good because
I am in harmony
with myself.*

*Experience deep relaxation
with all your senses*

Let us support you on your regeneration journey and guide you to self discovery. Our treatments are perfectly designed to help you simply enjoy the moment and focus on your inner self. The mix of classic Ayurveda, tailored to our western world, frees you from all your burdens, both physical and psychological.



EA Body Treatments

ABHYANGA

Duration: approx. 55 mins € 119



Gentle full-body oil massage, attuned to the bio-energies Vata, Pitta and Kapha. Subtle energy therapy and well-tempered herbal oils penetrate deep into the skin and release fat-soluble toxins from the tissues. The massage has an invigorating effect on your skin, muscles, veins, heart, circulation and nervous system.

ABHYANGA with two therapists

Duration: approx. 55 mins € 205



Abhyanga with two therapists. Good for sleep, circulatory and digestive problems and helps you to find inner balance.

MUKABHYANGA

Duration: approx. 55 mins € 119



Your face, head, neck and feet are gently massaged with warm oil. Marma reflex zones around your eyes, forehead, chin, lips and ears are activated. This soothing massage promotes inner strength and mental purity while nourishing both the nervous system and the senses. Mukabhyanga is helpful for head problems, tension headaches, neck tension and insomnia.



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PADABHYANGA

Duration: approx. 25 mins € 55



The Ayurvedic foot and leg massage helps with relaxation, regeneration and vitalisation, reduces headaches, and improves sleep and vision. Through targeted treatment of the Marmas, Padabhyanga releases blockages, allowing energy to flow again and freeing the mind.

SHIROABHYANGA

Duration: approx. 55 mins € 152



Give your head a break. This special head therapy is one of our most beautiful treatments. It strengthens the consciousness and promotes a clear and alert mind. You will experience a sense of complete well-being, inner peace and harmony, particularly in cases of sleep disorders, stress or migraines.

SHIRODHARA - FLOWING OIL TREATMENT

Duration: approx. 25 mins € 89



Soothing head treatment, which has a very calming effect on the autonomic nervous system. It is excellent for stress symptoms, insomnia and migraines. The oil on the forehead has a harmonising and balancing effect.

PLEASE NOTE: Only possible in combination with an Ayurvedic full body oil massage.

PRANA HEALING MASSAGE® BY SONNHOF

Duration: approx. 85 mins € 187



Massage to activate and harmonise your energy centres and channels. Balancing your energy flow brings your body, mind and soul into perfect harmony. You can also select your own personal chakra essence during this treatment.



VISHESH

Duration: approx. 55 mins € 119



Similar to Abhyanga, but with more pressure and speed. The treatment has a stimulating and vitalising effect on the body, mind and metabolism.

VISHESH with two therapists

Duration: approx. 55 mins € 205

Vishesh with two therapists. Equalises energy levels, vitalises, stimulates the nervous system and balances the body.

UDANAVATA® - EUROPEAN AYURVEDA SPECIALIST ABDOMINAL TREATMENT

Duration: approx. 55 mins € 119



This special massage and energy point treatment has a strengthening and purifying effect on the tissues and supports detoxification. It stimulates the venous and lymphatic drainage systems and removes blockages in the abdominal area, and can be used to treat bloating, prolonged stomach tension and digestive problems. It helps on a psychological level with exam anxiety, lack of energy, sleep problems, inner restlessness and negative moods. The special abdominal treatment also helps you to clear your mind, find your inner centre and perceive your gut feelings again.



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SAMVAHANA - MAHARANI

Duration: approx. 55 mins € 197



The Samvahana is considered the queen of the Snehana massages and is an Indian ritual for women only. The individual treatment with silk cloths, brushes, precious oils, fragrant essences, gemstones and a rose milk and salt peeling regulates the body's energies and increases Ojas, the vital life essence. This treatment is carried out by two therapists.

We advise booking early!

Tip

SIGNATURE ELFENZAUBER® TREATMENT BY SONNHOF

Duration: approx. 85 mins € 165



This signature treatment was developed in collaboration with our team of doctors and therapists and is surprisingly unique in every way. The treatment uses energetic essences in their purest form, which are all carefully selected at the beginning of the ritual. An interplay of harmonising fragrances and gentle massage strokes, the procedure takes you on a journey to your inner self, while releasing tension, slowing the breath and clearing the mind. An unforgettable and deeply moving experience ...

I feel really good because I am in flow

EA for the Musculoskeletal System

KHADI-VASTI

Duration: approx. 45 mins € 125



Problem areas are treated at the source using a ring of dough filled with oil. Oils with restorative or dissolving properties are used, depending on the problem being treated. Khadi-Vasti is mainly used in the spinal area but can also be used on the abdomen, hips or over the heart, as the symptoms occur. The substances of the oil penetrate deep into the tissue and have an anti-inflammatory and pain-relieving effect. This treatment strengthens femininity and opens the chakras, especially the root chakra. The procedure can help with joint and nerve pain, sciatica, muscle tension, insomnia, headaches, nervousness, hypertension, inter-vertebral disc problems and fertility.

DORN-BREUSS - SPECIALIST BACK TREATMENT

Duration: approx. 55 mins € 108



Back pain is often caused by misalignments of the joints and vertebrae and can also affect the psyche and internal organs. Gentle pressure can correct misalignments of the spine and remove the root cause of the problem.



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PRISTA® - EUROPEAN AYURVEDA SPECIALIST BACK MASSAGE

Duration: approx. 55 mins € 119



A very effective and intensive treatment that consists of an intensive back massage with warm herbal pads to free the body from blockages. Tension is released using a special herbal oil.

ACUPUNCTURE MERIDIAN MASSAGE (APM)

Duration: approx. 55 mins € 138

Energy tape: € 5



The aim of the acupuncture meridian massage is to bring the body's Qi energy back into flow throughout the body and to equalise energy imbalances. APM is a symbiosis of meridian massage, acupuncture without needles and energetic spinal therapy, but also involves moxibustion (a heat therapy in traditional Chinese medicine), non-invasive cupping and Gua Sha (traditional Chinese „cockroach“ massage). APM is used to strengthen the body's centre and organs, for feelings of coldness, for spinal and joint complaints, to support pregnancy and to strengthen the body in cases of exhaustion and stress. Other indications are sleep disorders and digestive problems, energy blockages and scars. APM can be very helpful in acute, subacute, chronic and „silent“ diseases and brings your energy back into flow.

JANU VASTI

Duration: approx. 45 mins € 119



A special Ayurvedic treatment in which warm oil is poured onto the knee area. This relieves knee pain and helps to keep your joints supple.



CRANIOSACRAL THERAPY

Duration: approx. 55 mins € 137



Craniosacral therapy is based on the idea that the cerebrospinal fluid in the brain and spinal cord pulsates rhythmically, and that this rhythmic movement continues throughout the entire body and provides vital impulses. It is a manual therapy based on osteopathy, which aims to relieve tension and trauma that negatively affect the spinal cord and central nervous system. The treatment both relaxes and releases emotional blockages.



I feel really good because I can let go.



EA Detox Treatments

GAMATHI® - EUROPEAN AYURVEDA SPECIALIST LEG TREATMENT



Relaxing/revitalising

Duration: approx. 55 mins € 119

Revitalise your tired legs and feet, cleanse your tissues and strengthen your connective tissue. This treatment is a combination of cupping, massage and relaxation using high-quality oils. It can also help with vein problems.

Draining/decongesting

Duration: approx. 55 mins € 119

GARSHAN - MASSAGE WITH SILK GLOVES

Duration: approx. 55 mins € 119



Duration including anti-cellulite wrap: approx. 85 mins € 145



Our silk glove massage includes techniques that activate lymph flow and remove water retention. This perfectly prepares your body for the subsequent body wrap, which activates fat metabolism, stimulates the tissues and prevents the accumulation of toxins. Garshan supports weight loss, improves blood circulation and the appearance of your skin, reduces cellulite and feelings of coldness, combats chronic fatigue and increases performance and energy flow. The treatment also helps improve blood circulation.

UPANA

Duration: approx. 55 mins € 119



Salt oil peeling that uses the power of the Alps to cleanse harmful energies and strengthen your immune system. Optimal for purifying and detoxifying.



UDVARTANA

Duration: approx. 55 mins € 119



This full body massage with powders stimulates the metabolism, warms the body, cleanses the tissues, reduces water retention and stimulates motor function. Udvartana can also be used to reduce fatty tissues (a build-up of waste products) and for general lethargy, while giving you a pleasant peeling effect. It nourishes, cleanses and smooths the skin, helping to treat cellulite.

UDVARTANA with two therapists

Duration: approx. 55 mins € 205



Udvartana with two therapists. Good for lymph drainage, weight loss and cleansing.

JAMBIRA PINDA SVEDA

Duration: approx. 55 mins € 135



Full body treatment with warming lemon pads, which focuses on troublesome areas. Highly effective anti-cellulite treatment that has a positive effect on muscles, helps with joint problems and relieves tension.

JAMBIRA PINDA SVEDA with two therapists



Duration: approx. 55 mins € 215

Jambira Pinda Sveda with two therapists.



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PIZZICHILLI OR SEKKA - ROYAL BODY OIL INFUSION

Duration: approx. 55 mins € 230



The Pizzichilli Royal Infusion combines oil pouring and synchronised oil massage into a single Ayurvedic royal body treatment. The Pizzichilli is an Ayurvedic body treatment that uses a stream of warm oil - optimal for purifying and detoxifying your body. It stimulates the metabolism of your skin and organs even more intensively than other treatments and experience shows that this relaxing treatment has a strong detoxifying and cleansing effect, along with anti-inflammatory and mobilising properties.



I feel really good because my body feels really good.



EA Classic Treatments

Our therapists are trained masseurs with basic medical knowledge. They are comprehensively trained in European Ayurveda® and are constantly undergoing further training. This allows us to provide individual treatment and care of the highest quality.

ALPINE SPORTS MASSAGE WITH MARMOT OIL

Duration: approx. 55 mins € 115



This full-body massage with marmot oil relieves tension, promotes circulation, warms up the body, soothes and relaxes the musculoskeletal system. The treatment is excellent for rheumatism, lower back pain and joint problems, while strengthening both your immune system and your performance.

BACK MASSAGE

Duration: approx. 25/55 mins € 59/115



This treatment has a relaxing effect, promotes circulation and strengthens the back muscles.



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EAR CANDLE TREATMENT

Duration: approx. 25 mins € 47



Natural treatment passed down from the Hopi Indians. Our ear candles are made from beeswax, herbs, chamomile and St. John's wort, which gives you a long-lasting, soothing, relaxing and light feeling in the ear area.

FOOT REFLEX MASSAGE

Duration: approx. 25/55 mins € 50/115



Massaging reflex zones on your foot stimulates the corresponding areas and systems of the body.

FULL BODY LYMPH DRAINAGE

Duration: approx. 55 mins € 105



Using special pressure techniques, this treatment stimulates your lymphatic channels to drain toxins from the tissues.

TIBETAN SINGING BOWL MASSAGE

Duration: approx. 55 mins € 105



A guided deep relaxation, which gently leads you into a world of stillness and relaxation through healing sounds and meditative texts. You will be slowly encompassed by a deep sense of peace and tranquility, allowing you to linger mindfully in the moment.



ALPINE VEDA ANTI-STRESS MASSAGE

Duration: approx. 55 mins € 115



Let your spirit be warmed by this full-body massage with St. John's wort massage milk. The treatment focuses on the head, neck, shoulders and abdomen and is ideal for exhaustion, insomnia and nerve problems.



DETOX & ENERGISE



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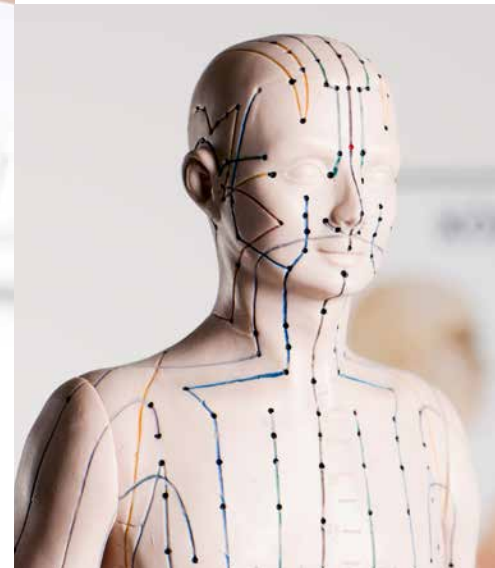
Ayurveda PLUS

Do you want to strengthen your immune system, lose weight healthily, find inner peace and improve your lifestyle for the long term? Then our Ayurveda PLUS treatments are just what you need.

The combination of European Ayurveda and complementary medical techniques not only deepens the healing process, but also supports self-awareness and leads to inner peace.



Dr. Alaettin Sinop is a conventional GP and naturopath who uses natural remedies and has been integrating them into different Ayurvedic therapies for many years. This is how the „Ayurveda PLUS Programme“ was created. Ayurvedic Plus specialises in diseases that are common in western society. It is a unique combination of therapies that can only be found in one place: at the European Ayurveda Resort Sonnhof in the Tyrolean mountains.



This treatment can be covered
by health insurance.

CONSULTATION

(including physical examination if necessary):

approx. 30 mins **€ 142**

BODY ACUPUNCTURE

Including micro system (ear)

Duration: approx. 30 mins **€ 142**

(includes brief first consultation, pulse and tongue diagnoses)

NEUROCYBERNETIC TECHNOLOGY / HNC */**

Long session: approx. 50 min **€ 199**

* Your first treatment is only possible in combination with a consultation (15 min/€ 62)

** Two sessions are recommended as a base treatment.

*I feel really good
because I allow myself
to be the person I am.*

HOW TO BUILD A SENSE OF INNER PEACE:

1. Get to know yourself - your interests, weaknesses, goals, values - and take time out to do things that make you happy. Do not let others influence you: what is good for you may not be good for someone else.

2. Write down your worries and take the time to deal with them step by step. Seize the day and do not limit yourself to one thing. Instead, design your daily routine with different tasks and talk about them with someone else. If there is something that you cannot solve yourself, ask for help.

3. Don't lock yourself up at home during stressful periods.

Take a break, go for a walk, visit friends and relatives and make time your hobbies.

4. Surround yourself with soothing, relaxing fragrances in your living room and bedroom. Meditation and breathing exercises are also proven to help reduce stress.

5. Celebrate each of the day's successes - no matter how big or small.

6. Keep in mind that the first steps are always difficult and unsteady. Little by little you learn to walk and then eventually you can run - everything after that becomes child's play. Trust yourself and your intentions.

7. Avoid having large amounts of meat in your day-to-day diet. Excessive alcohol consumption should also be avoided if you are feeling stressed.



EA Beauty Treatments

MINDFUL COSMETICS

Effective natural cosmetics do not need exotic raw materials. African shea butter or Mexican jojoba oil should be avoided, as should coconut oil or cocoa butter from South America. Mindful cosmetics are about knowing exactly what the product contains and where those ingredients come from - avoiding long transport routes along the way. Vegan, sustainable, mindfully produced and packaged - our cosmetics are pure nature!

MINDFUL BEAUTY TREATMENT

Duration: approx. 80 mins including 5 mins consultation € 177

Enjoy a visibly younger complexion with this mindful beauty treatment! After a quick skin diagnosis to determine your individual skin needs, you will experience a gentle cleansing followed by a facial peeling with wheatgrass clay to free your skin from impurities. The treatment finishes with a refreshing, nourishing facial toner and a facial pack tailored to your personal skin type.



THALGO COSMETICS

THALGO is a pioneer in thalassotherapy and its efficient and unique product and treatment concepts are trend-setters in the cosmetics industry. All their products contain algae and maritime active ingredients, which are gentle on the skin, and they have very high bioavailability thanks to their unique mineral composition.

Treatment ritual for beautiful and timeless skin: EXCEPTION ULTIME

Duration: approx. 80 mins including 5 mins consultation € 237

The luxurious Exception Ultime product range provides holistic anti-ageing skin care. Its patented AGE REVERSE active formula is made from natural algae hormones and carob tree extract, which combat both the causes and the unpleasant effects of ageing skin. A unique combination of exclusive active ingredients reactivates your cells and fibroblasts, visibly reducing signs of ageing such as wrinkles, sagging and blemishes. This stimulating energy lift massage enhances the contours of your face from the first application, giving your skin more volume and making your face feel rejuvenated.

Anti-ageing skin care: MARITIME HYALURON

Duration: approx. 80 mins including 5 mins consultation € 167

This toning treatment was developed to smooth and visually enhance your facial skin. Visible wrinkles are treated with a hyaluron pen and mask pads. The final hyaluron mask brings freshness and energy to your face, leaving it feeling radiant with toned, even and smoother-looking skin.

Against the signs of the times: MARITIME SILICIUM

Duration: approx. 80 mins including 5 mins consultation € 187

Makes your skin look „lifted“ thanks to an effective active ingredient formula with marine silicon, collagen and hyaluron. This sculpting double mask works instantly to redefine the shape of your face and give your complexion a radiant glow. You can look forward to a visibly rejuvenated appearance and a smooth but firm skin texture.

For men: OCEAN CARE BEAUTY TREATMENT

Duration: approx. 80 mins including 5 mins consultation € 177

Our OCEAN CARE treatment combats the signs of ageing! In this facial treatment, your skin is revitalised and refreshed with algae extracts. The maritime mask uses a mix of marine and plant ingredients to smooth and moisturise your skin. The result? Resilient and vibrant skin that looks as good as it feels.





Yoga, Qigong & Fascia

SPECIAL YOGA SESSION WITH CAROLINE

Expand your consciousness through the seven spiritual laws of yoga. Stretch your entire musculoskeletal system through gentle Yin Yoga. Regenerate body, mind and soul with Yoga Nidra. Strengthen your energy centres with Chakra Yoga. Immerse yourself in the seven spiritual laws of success. Feel the power of asanas, pranayama, bandhas and the sun salutation.

YIN YOGA

Hold your asanas for three to seven minutes to experience a deep stretch of your connective tissues, muscles and tendons.

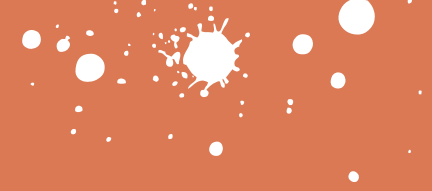
YOGA NIDRA

Discover the deepest layers of your consciousness and glide through deep relaxation into a state of psychic sleep.

CHAKRA YOGA

Activate, strengthen and harmonise your energy centres and generate renewed strength.

Special yoga session
of your choice (50 mins) € 89



YOGA FOR STRENGTH AND FLEXIBILITY WITH MARGIT

Learn to calm your mind, stop the constant stream of thoughts and find strength and power in everyday life. Feel a connection to your body. Create awareness for your actions and being. Yoga supports you mentally and physically: gain the strength and flexibility to calmly face your everyday life. I feel really good because I strengthen my body and my mind.

Special yoga session (50 mins) € 89

QIGONG SESSION WITH MICHAEL

Qigong translates as „the ability to deal with life energy“. Get your life energy flowing. Work with it, feel it. Combat the typical symptoms of a fast-paced western lifestyle: migraines, insomnia, headaches, weight problems. I feel really good because I sense my body, mind and soul as one.

Qigong session (approx. 50 mins) € 89

FASCIA TRAINING WITH ELLI

Are your shoulders tense from the struggles of everyday life? Does your back hurt from sitting at the computer all day? If your everyday life is bringing you physical discomfort, it's time to relax not just your body but your muscles too. Fascia training is the optimal way to feel your body differently and transform your weak points into strengths. I feel really good because I take care of my own body.

Fascia training session (approx. 50 mins) € 89



Mental & Mind Detox Coaching & Meditation

MENTAL LIFESTYLE COACHING WITH MALINI

Take your consciousness to the next level. Through simple exercises and practical input, you will learn how to overcome mental blocks and gain self-confidence. Learn to deal with your fears, tackle them head on and transform them into positive energy. Use this energy to realise your visions and gain a new, fulfilled sense of self. I feel really good because I am mindfully conscious of myself.

Coaching Session (55 mins) € 135

INDIVIDUAL MENTAL & MIND DETOX COACHING® WITH MINDFUL EMPOWERMENT COACH ELISABETH MAURACHER

Learn to appreciate yourself, learn to love yourself and learn to recognise your strengths. Through meditation, mental exercises, yoga, breathing exercises and energetic exercises, you will learn to fully develop your own potential and to make your life happier and more successful. Start your personal journey to yourself with a companion by your side. Free yourself from your fears, overcome your mental hurdles, blossom in renewed self-confidence and let your dreams become reality. I feel really good because I see my life with new clarity.

Coaching session (approx. 55 mins), only available in German,
price on request



PRIMORDIAL SOUND MEDITATION COURSE WITH CAROLINE

Experience the deep meaning of primordial sound meditation and feel its effects on your entire being in just four sessions. Feel connected to yourself and to your environment. I feel really good because I am connected to myself.

1st session: Dive into the world of primordial sound meditation and choose your personal primordial sound.

2nd session: Receive your personal mantra through a ceremony and meditation session.

3rd session: Learn about the significance of primordial sound and discover how to practise fulfilling meditation for the rest of your life.

4th session: Reach new states of consciousness through regular meditation

Approx. 3.5 hours (over one or two days, including workbook) € 395



Spa Etiquette

Peace, relaxation and well-being are our top priorities at the Sonnhof Spa. We therefore ask you to switch off your mobile phone in the spa to give yourself and others the opportunity to enjoy absolute silence and focus on your inner self.





CONSULTATION AND RESERVATION

We recommend booking early at the spa reception in order to secure your preferred date. We offer a wide range of treatments and our experienced experts will be happy to help and advise you. Please feel free to express any wishes, preferences or concerns during the treatment, so that you can have the best experience possible.

YOUR HEALTH IS OUR PRIORITY

We kindly ask you to inform us about any health conditions - such as allergies or similar - when booking your treatments so that we can give you the best possible treatment and cater to your individual needs. We tailor all of our treatments to your personal requirements and your physical state of health.

TAKE YOUR TIME

For the optimal therapy experience and outcome, we recommend that you arrive at the spa lounge a few minutes before your treatment begins and relax with a cup of tea. Your therapist will then pick you up personally.

THE RIGHT CLOTHING

We kindly ask you to wear a bathrobe to your treatments. For body treatments we have disposable briefs available for both men and ladies. A bathing bag is provided in your room, in preparation for your visit to the spa.

SPA ACCESS

The sauna area (naked area) may only be used by persons over the age of 16. Thank you for your cooperation.

DELAYS AND CANCELLATIONS

Out of respect for other guests, we regret that a late arrival will result in a shorter treatment at the full price. Please inform us of cancellations at least 24 hours before the start of the treatment. Cancellations made later than this will unfortunately be charged at 70 percent of the amount. In the case of a no-show, the full price will be charged.



European Ayurveda Resort
Sonnhof Tirol

*There are some places that make
you feel really good. Sometimes
it's impossible to tell why. But the secret
is often in the details. It's the carefully
chosen personal touches and the small acts
of kindness that turn a good place
into a wonderful place.*

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All previous price lists lose their validity with the publication of this price list. We reserve the right to make changes!

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