



# TO OUR EUROPEAN AYURVEDA® FRIENDS!

Make an escape from the everyday life. 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 European Ayurveda® can be explored at your own personal pace. It's time to experience it for yourself.

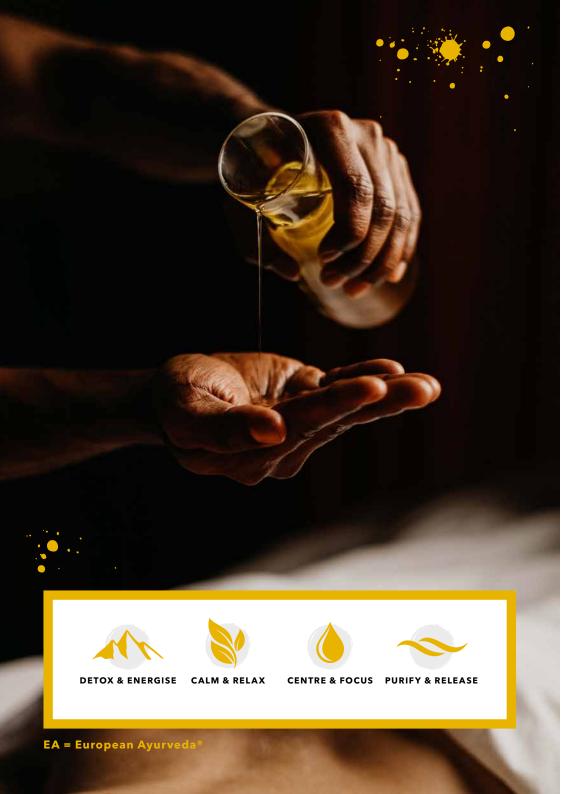


European Ayurveda® takes the holistic teachings of Ayurveda and tailors

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 world, diversity of flavours, spiritual clarity and a holistic approach.

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

Your Elisabeth Mauracher and Helmut Naschberger with the whole Sonnhof team



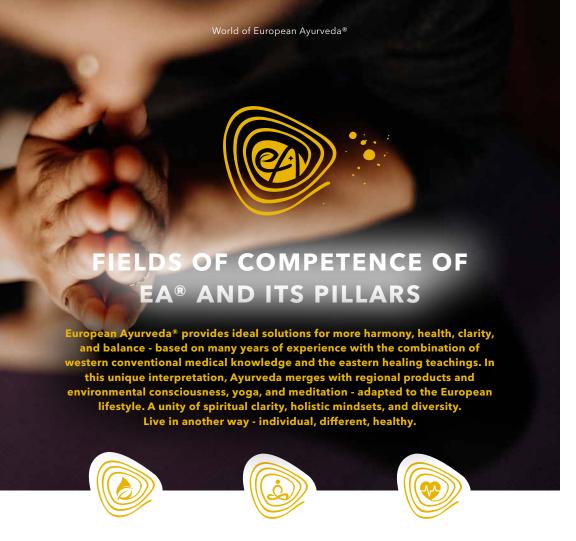


06-07	Core Competencies and the 6 Pillars of European Ayurveda®
08-09	Our European Ayurveda® Team of Experts
10-11	Your three Bio-Energies - Vata, Pitta & Kapha
12-13	The Foundations of EA®
14-18	EA® Body Treatments
19-21	EA® for the Musculoskeletal System

22-24	EA® Detox Treatments
25-27	<b>EA®</b> Classic Treatments
28-29	Ayurveda PLUS
30-33	<b>EA®</b> Beauty Treatments
34-35	Yoga, Meditation & Qigong

36-37 Mental & Mind Detox Coaching & Meditation

38-39 Spa Etiquette



#### **EA® DETOX**

In a world that is dominated by hustle and bustle and a fast pace of life, health and tranquility are precious. European Ayurveda® encounters this zeitgeist with gentle and intensive detox of body, mind, and soul. Enjoy your new attitude towards life.



#### **EA® BALANCE**

Slowing down with European Ayurveda® and years of medical expertise: Letting go mentally and physically of work, stress, and the feeling of having to be available all the time. Find your inner balance, focus on your strengths, and fill up with new energy, in order to master your everyday life successfully.

#### EA® MEDICAL HEALTHCARE

A combination of western conventional medicine, eastern healing teachings and holistic techniques from complementary medicine ensure a long lasting effect. Put your trust in the ancient Indian healing wisdom of Ayurveda with acupuncture, benefiting from effective manual medicine and experiencing the power of neurocybernetic techniques.



#### **Consultation and Treatment**

### Complementary medicine, Ayurvedic expertise and TCM

Attuned to your needs: pulse diagnosis, complementary diagnostic and treatment methods as well as traditional Chinese medicine (TCM) and manual practices are 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 products from our own farm result in intuitive and Doshasupporting dishes in harmony with nature. Our dishes satisfy your hunger as well as providing lasting nourishment for body and soul.



#### **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 to be important components of your wellbeing: for a life in balance.



# POWEN of the SPINAL.

#### 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 will follow. Move away from externalities and tune in to yourself and your needs.



#### **Healing Spirit**

### Mindfulness, energy work & 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.



#### **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.

/

# We are here for you:

# OUR EUROPEAN AYURVEDA® TEAM OF EXPERTS

With profound expertise, specialists from India, an experienced doctor and the Sonnhof team of experts we bring the holistic concept of Ayurveda into the western way of life.

Gently and in an effective way.

Everything can be. Nothing has to be.



#### **ELISABETH MAURACHER**

#### **Owner**

- Pioneer and visionary 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
- Touch for Health Coach



**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

Specialist for general medicine with focus on Naturopathy

#### **Naturopathic services:**

- Acupuncture/TCM
- Ayurvedic medicine/ herbal medicine
- Consultations and Pulse Diagnosis
- Manual medicine/Chirotherapy
- Neural therapy/Homeosiniatry
- Neurocybernetic massagetherapy/HNC

#### **Conventional medical services:**

- Medical check-up
- Non-invasive diagnostic methods (sonography, ECG)
- Laboratory tests



#### **CHRISTINE SCHNEIDER**

European Ayurveda® Specialist,
Organization & treatment support

- Organization & Assistance of the Ayurveda Specialists
- Feel-good Assistant



JACQUELINE STARCK

European Ayurveda® Specialist,
Organization & treatment support

- Organization & Assistance of the Ayurveda Specialists
- Feel-good Assistant



#### **SARAH SCHURIAN-BERGMEISTER**

**European Ayurveda® Specialist, Organization & treatment support** 

- Naturopath
- Psychoenergetic kinesiologist









# 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 bioenergies 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.

Discover the world of Ayurveda in a gentle and relaxed way - according to your needs - with our Ayurveda programme. Our treatment guide will help you to choose your individual cure.



# 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 mins

(also available in English)



Gaurav Sharma, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India; provides Ayurvedic diagnosis and treatment 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

# EUROPEAN AYURVEDA® NUTRITION TALK - on request

Duration: approx. 45 mins

(also available in English)

# 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.

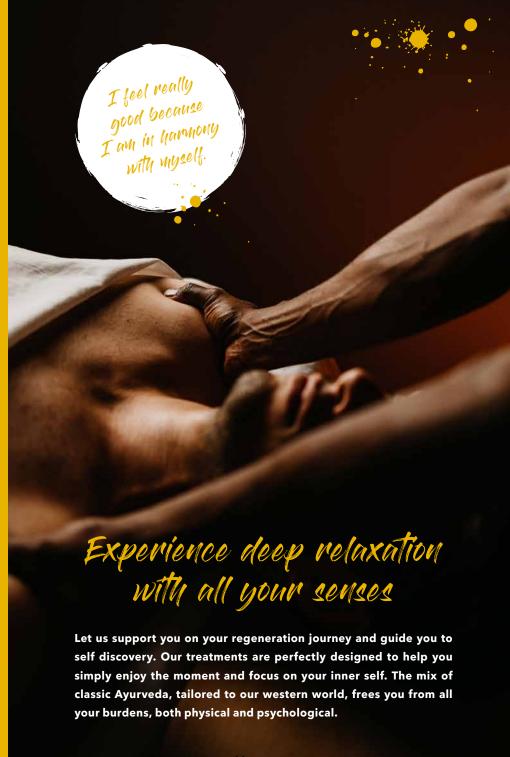
... Everything you feed your body stimulates your cells and has either a positive or negative influence on your health and well-being. An unbalanced diet and an excess of unhealthy, complex and processed foods, such as meat, fried foods and alcohol, can lead to a slower metabolism, delaying your body's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





# EA® Body Treatments

#### **ABHYANGA**

Duration: approx. 55 / 85 mins € **125** / € **185** 





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 € 215







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

#### **MUKABHYANGA**

Duration: approx. 55 mins € 125



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.









DETOX & ENERGISE CALM & RELAX





#### **PADABHYANGA**

Duration: approx. 25 mins € 57



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 € 165





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 € 95



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: appox. 85 mins € 195







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 / 85 mins € 125 / € 185



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  $\in$  215

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 € 125





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.

#### **EUROPEAN AYURVEDA® ANTI-STRESS MASSAGE**

Duration: approx. 55 / 85 mins € **125 / € 185** 







This Ayurvedic full body massage with warm herbal oil warms your temper, helps you to relax, strengthens your neural system and provides mental clarity. The treatment focuses on the head, neck, shoulders and abdomen. It is ideal in cases of exhaustion, insomnia and nervousness.

17



#### SAMVAHANA - MAHARANI

Duration: approx. 55 mins € 215





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!



#### SIGNATURE ELFENZAUBER® TREATMENT BY SONNHOF

Duration: approx. 85 mins € 185







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 ...





# EA® for the Musculoskeletal System

#### KHADI-VASTI

Duration: approx. 45 mins € 128





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 painrelieving 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, intervertebral disc problems and fertility.

#### **DORN-BREUSS - SPECIALIST BACK TREATMENT**

Duration: approx. 55 mins € 115





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.











**DETOX & ENERGISE CALM & RELAX** 



#### PRISTA® - EUROPEAN AYURVEDA® SPECIALIST BACK MASSAGE

Duration: approx. 55 mins € 125







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 € 142 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 scraping 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.

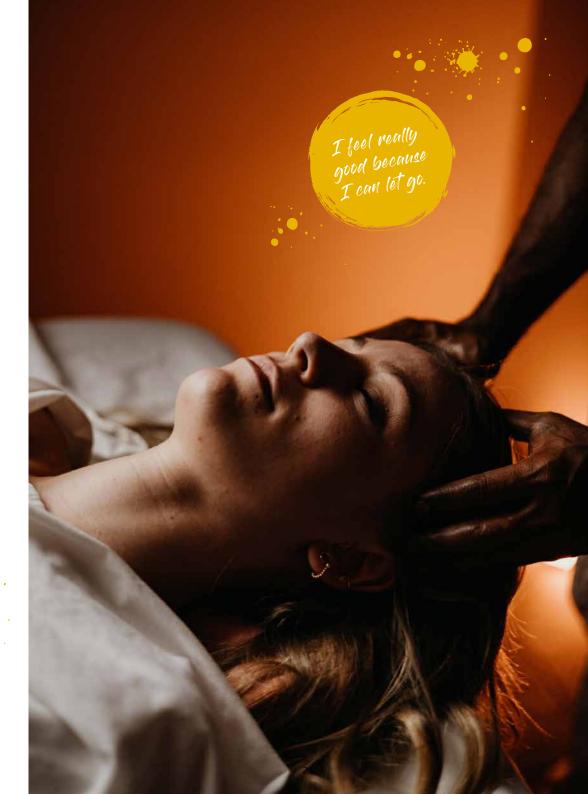
#### JANU VASTI

Duration: approx. 45 mins € 125





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.





# EA® Detox Treatments

#### GAMATHI® - EUROPEAN AYURVEDA® SPECIALIST LEG TREATMENT







Draining/decongesting

Duration: approx. 55 mins € 125

Duration: approx. 55 mins € 125

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.

#### **GARSHAN - MASSAGE WITH SILK GLOVES**

Duration: approx. 55 mins € 125





Duration including anti-cellulite wrap: approx. 85 mins € 155





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 fatique and increases performance and energy flow. The treatment also helps improve blood circulation.

#### **UPANA**

Duration: approx. 55 mins € 125







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 € 125







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.

#### JAMBIRA PINDA SVEDA

Duration: approx. 55 mins € 139





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 € 225





Jambira Pinda Sveda with two therapists.











**DETOX & ENERGISE CALM & RELAX** 



#### PIZZICHILLI OR SEKKA - ROYAL BODY OIL INFUSION

Duration: approx. 55 mins € 245



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.





# 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 € 119





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 € **65** / € **119** 





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









DETOX & ENERGISE CALM & RELAX





#### **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 € **55** / € **120** 



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

#### **FULL BODY LYMPH DRAINAGE**

Duration: approx. 55 mins € 110





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

#### TIBETAN SINGING BOWL MASSAGE

Duration: approx. 55 mins € 110



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.

26



#### 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 in cases of exhaustion, insomnia and nervousness.











DETOX & ENERGISE CALM & RELAX

27



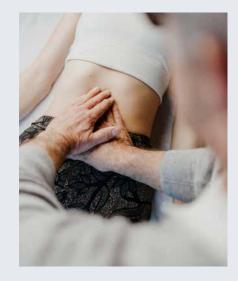
Ayurveda Plus

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. Ayurveda 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.





#### CONSULTATION

Duration: approx. 30 mins € 148

Anamnesis, consultation, physical examination if necessary

#### **ACCUPUNCTURE TREATMENT**

Duration: approx. 30 mins

+ 25 mins resting time € 148

Body and ear acupuncture including a brief initial anamnesis as well as pulse and tongue diagnosis, if applicable, manual techniques

#### NEUROCYBERNETIC MASSAGE THERAPY / HNC \*

Long session: approx. 45 mins  $\in$  222

Kinesiological testings with manual corrections

29

\*Two sessions are recommended for a basic treatment.







#### **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 € 185

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  $\in$  244

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 € 172

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 € 192

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 € 179

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, Meditation & Rigong

#### 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 (approx. 50 mins)  $\in$  89



#### YOGA FOR STRENGTH AND FLEXIBILITY WITH MARGIT

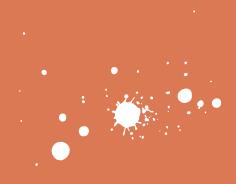
Learn to calm your mind, stop the constant stream of thoughts and find strength and power in everyday life. Feel a connection to your body. Create awareness for your actions and being. Yoga supports you mentally and physically: gain the strength and flexibility to calmly face your everyday life. I feel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

Special yoga session (approx. 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





#### MENTAL DETOX LIFESTYLE COACHING

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 (approx. 55 mins) € 235

# BUSINESS EMPOWERMENT COACHING WITH ELISABETH MAURACHER

Your Spiritual Business & Money Empowerment Coaching for spiritual growth, moneyflow, leadership, success and fulfillment in your business.

I take you on a journey to your inner genius, to your truth and to your creative power hidden within. For you can lead your business with ease and joy. Grow into a successful and fulfilled leader of your business.

Together we will discover the magic of your life and show you how to use the universal laws for your life and business in order to create a life of abundance.

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

36



## 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



## 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 anything 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 case no-show, the full price will be charged.

38 • 39



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.



Hinterthiersee 16 • 6335 Thiersee • Tirol • Austria T +43 5376 5502 • info@sonnhof-ayurveda.at Onlineshop: shop.european-ayurveda.at Blog: www.european-ayurveda.at

WWW.SONNHOF-AYURVEDA.AT





© G'spür Contentagentu

Photos: Charly Schwarz, Michael Huber, Luftwerk.at, Michael Fischer, Katharina Kraus, Jack Coble, Christoph Hitsch, Claudia Werlberger All previous price lists lose their validity with the publication of this price list. We reserve the right to make changes!