

I feel
really good



European Ayurveda Resort
Sonnhof Tirol

It's all
about
YOU



European Ayurveda®
Healing, Health and Happiness



DEAR AYURVEDA FANS AND SONNHOF GUESTS,

Ayurveda is so much more than just a healing system or trend: Ayurveda offers a **pathway through life** and a **journey to the self**. It's a philosophy that focuses on both the external and the internal. We have made it our mission to guide you along this physical, mental and emotional journey.

European Ayurveda® is the Sonnhof's reworking of the original Indian model for western lifestyles. As human beings, we are all very similar to one another. But everyone is also quite distinct, with **individual needs**, different health issues and diverse cultural backgrounds. This is why we have modified the holistic teachings of Ayurveda, tailoring them to suit the requirements of our fast-paced European society. European Ayurveda® gifts you with guidance for a healthy life, teaching you to be at peace with yourself and with nature. We would like you to realise **your potential**, accept it – and live accordingly. This is both our **inspiration** and our **mission** – a mission which has been recognised with multiple awards:

- Connoisseur Circle Award for Best Medical Spa
- World Luxury Spa Award for Europe's best Luxury Ayurveda Spa
- SPA Star Award for Best Spa Concept
- Cultured Traveller 2018: one of the 'world's best Ayurvedic escapes'

Why roam far when goodness is so near?

We're looking forward to your visit and can't wait to make all the life wisdom of Ayurveda available to you.

Elisabeth Mauracher and Helmut Naschberger
with the Sonnhof team

*Live differently – live European Ayurveda®
Let's build a new world together.*

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I feel really good because I'm enjoying life with all of my senses. Our diet is the source of our health. European Ayurveda® cuisine combines health with pleasure – and is as individual as you are.



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World of European Ayurveda® PHILOSOPHY AND INSPIRATION

A European take on Eastern medicine

European Ayurveda® is the Sonnhof's modification of Ayurvedic teachings. We have tailored them to suit the requirements of our fast-paced European society with optimal approaches to achieving greater harmony, health, clarity and balance. The teachings of Ayurveda are combined with regionally sourced products, environmental awareness, Yoga and meditation - all of which are adapted to European lifestyles. Ayurvedic medicine meets conventional medicine with modern alternative healing methods. It's a symbiosis of medical and therapeutic expertise from the old and new worlds for flavour diversity, mental clarity and holistic ways of thinking.



Our promise

Quality and confidence

Certified and approved by European Ayurveda®. Since every single human being is unique, everyone needs to be treated as an individual. Our wealth of experience means we have a deep understanding of holistic treatments, and all European Ayurveda® products, recipes and therapies have been developed, carefully tested, verified and selected by and with the help of experts. We express our quality standards with our seal, Certified by European Ayurveda®.

Our mission

Restoring harmony to body, mind and spirit

Recognise, accept, live. Restore the balance of body, mind and soul. Tune into yourself and your inner self. Be in harmony with nature and feel at home in the world: in your personal truth. Connect with your health - feel the dynamic balance of your body's elements. Only then, when you feel this purity in yourself, will you live in perfect health.

Our mantra

'I feel really good'

We need to feel good to be a force for good. Hence, the energy and devotion that pervades our retreat envelops you right from your arrival. 'I feel really good' is our mantra. Its positive force touches our thoughts and feelings, representing the beginning of transformation and paving the way towards a life of happiness.

Our goal

Sunrising my soul

All growing things are suffused by the sun's subtle energy: Prana, the vital energy. When we are centred, and our energies, spirit, mind and body are in balance, we are filled with Prana. European Ayurveda® helps you find your inner balance. Draw fresh energy and unfold your Prana in its full radiance.



World of
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.



THE FOUNDATIONS

Seven pillars of European Ayurveda®



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.



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 far-sighted conventional physicians. The best of both worlds ensures holistic healing.



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.



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.

*Health is our most
precious asset*

European Ayurveda® and Elisabeth Mauracher

A STORY OF LOVE AND LIFE

We are shaped by our history and experiences. Part of our life, they are what make it so exciting. We overcome hurdles, take the rough with the smooth, and eventually we arrive at a path that makes sense: a conduit to fulfilment and joy. That's what happened to us.

Our story began in 1987 when Brigitte and Johann Mauracher purchased the Gasthof Sonnhof – a super-traditional, Tyrolean business. They soon felt a desire to progress, so four years later, fifteen new rooms were built, with another fifteen in 2006. And that wasn't all: a vague inkling that had been growing in Brigitte's heart became a big idea: European Ayurveda®. This exciting new journey felt absolutely right. Vision became reality when the

AyurvedaCentre was built to house Yoga and massage rooms, a medical consulting room and a sauna area. It was the start of our new life. With Ayurveda specialist Gaurav Sharma and his team by our side, the traditional Indian healing art was reborn in Tyrol.

The family-owned business is now run by the second generation: Elisabeth Mauracher is the owner, pioneer and visionary of European Ayurveda®, a mindful empowerment expert, a female business coach and the founder of Glory Female Life. What sets her apart is her huge heart, with room for everyone. In interview, Elisabeth tells us about the direction in which she is leading European Ayurveda®.

BECAUSE I FEEL REALLY GOOD

Elisabeth Mauracher, the Sonnhof's owner, pioneer of European Ayurveda®, expert in modern spirituality, mindful empowerment specialist and founder of Glory Female Life, tells us about her journey with European Ayurveda®.

What is it about Ayurveda that fascinates you?

Ayurveda gives us an insight into what is at the heart of a person, along with methods and techniques to balance and centre ourselves. When we're at our full power and strength, when I'm *me*, I'm authentic – and that's exactly where we all want to be. Ayurveda is more than a philosophy or medicine: it's a way of life, a school of life, an all-encompassing lifestyle.

By developing European Ayurveda®, you fulfilled a dream and introduced new elements to the hotel and wellness sector.

Yes, we are pioneers in medical tourism. For me, it was always important to create a sustainable, holistic but also beneficial concept, and that's exactly what we have achieved with European Ayurveda® – it's a new lifestyle for a new era. We're right at the dawn of a new age. Values are shifting, the old is fading into the background and new things are gaining importance. I firmly believe that European Ayurveda® is an important part of the new age because we all want to lead meaningful, sustainable lives – and European Ayurveda® is the solution. It makes me unbelievably happy that we are able to put smiles on so many people's faces with European Ayurveda®.

Invest in your mind, invest in your health, invest in yourself ...

What effect has European Ayurveda® had on your life?

Ayurveda makes me happy and fulfils me. The ultimate goal in European Ayurveda® is being happy and living a fulfilled life. If we say that happiness is the most important thing in life, we need to ask what it means. Thousands of books and

countless studies have been dedicated to unravelling the magic formula for happiness. But it doesn't seem too easy to work out. Once we find happiness, we can't hold onto it forever. Life goes on, circumstances change, and the initial joy evaporates – until the next moment of happiness catches us by surprise. Happy people share specific characteristics: they take nothing for granted and are grateful for what they have. They live in the here and now; neither mourning the past nor obsessing about the future. They look at things with humour, and perceive opportunities where others might see problems. They accept that life isn't always easy and that challenges are vital for personal development. Happy people find joy and fulfilment in meeting others with openness and generosity, and this is exactly what we do here at the Sonnhof.

Happy people value the small things in life, and this inspired me to develop the concept of European Ayurveda® 13 years ago. European Ayurveda® helps us to lead healthy lives tailored to our individual needs. European Ayurveda® is all about who YOU are – it's a holistic concept.

European Ayurveda® also means: you can, but you don't have to.

How do you integrate European Ayurveda® into your life?

My motto has always been 'life is what you make of it'. I therefore take every opportunity that presents itself to do the things I love. Ayurveda is part of my life for 365 days a year – it's a certain mindfulness towards yourself and your life. I often ask myself 'what would be good for me now?' Little things can make a huge difference, such as drinking hot water in the morning, meditating for 15 minutes, taking a

short walk, having great people around you, feeling gratitude, enjoying a good cup of tea and a chat ...

What makes the Sonnhof so exceptional?

The Sonnhof is a small jewel; a place of spiritual energy that combines an Eastern way of life with Tyrolean flavour and European quality standards. No travel stress, no jet lag. Our guests experience our resort as a temple where individual care means they can heal, feel great, have inspiring people around them and restore their energy levels. At the Sonnhof, you are more than a guest: you are part of our community.

What do you do to centre yourself?

Until we reach the age of 40, our bodies look after us. From then on, it's our turn to look after them. Health is our most precious asset. I know from personal experience how precious being and staying healthy is. This is why I'm so keen to ensure that the Sonnhof is a beacon for anyone seeking to recharge their batteries and treat themselves to some soul-nourishing me-time. When we forget to take care of ourselves, we start to go downhill. At some point, we will have no energy left and lose all of our zest for life. Life should be worth living, but that can only be when we are fit and well. So, ask yourself: what could you do right now to improve your health? I always take time for myself – me-time – and give my body, mind and spirit the appreciation they deserve by having massages, ensuring restful sleep, eating nutritious food and being good to myself and others. I make sure that I'm in an environment where I feel good, surrounded by people who make me feel good, I let go of things that don't make me feel good, and always remember the child within ... I don't worry about what other people think ... I'm just me.

I have a really useful tip I'd like to share with you: whenever you have an important decision or conversation coming up, sleep on it. In peace lies strength.

Elisabeth Mauracher

Elisabeth Mauracher, owner and pioneer of European Ayurveda®, expert in modern spirituality, mindful empowerment specialist and founder of Glory Female Life.



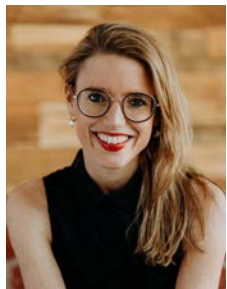
What gives you joy?

It's often the small things: getting caught in a sudden rain shower, a carefully made bed in the morning, a pleasing fragrance, kind words ... I've discovered that it's not so much achieving my big objectives that makes me happiest, but the journey there. That's how it was with the Sonnhof: the journey is the destination. Pursuing a dream and gathering experiences to pass on to colleagues and loved ones. Happiness grows when it's shared. It's not somewhere out there; it's inside us. And the Sonnhof is a place where you can find your happiness. A journey to us is a journey to yourself and your happiness.

We are here for you

OUR EUROPEAN AYURVEDA RESORT SONNHOF TEAM

Robust knowledge, specialists from India, an experienced physician and the Sonnhof team of experts allow us to integrate Ayurveda's holistic approach into a western way of life. Gentle and effective; you can, but you don't have to.



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



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



DR ALAETTIN SINOP

Naturopathic services

- Acupuncture/TCM
- Ayurvedic medicine and consultations
- Pulse Diagnosis
- Manual medicine/Chirotherapy
- Neural therapy/Homeosiniatry
- 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

CHRISTINE SCHNEIDER

Feel-good assistant

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





Ayurveda Resort
SONNHOF

Resonance and encounter - OUR RESORT AT A GLANCE

Spaces are not static; they are constantly changing. Give yourself the space to feel changes and discover our transformational spaces, where food is a pleasure for all the senses, nature offers spiritual freedom and Ayurvedic treatments offer unconditional relaxation.

Accommodation

30 rooms and suites

Spaces of engagement and delight

The **Spirit Lounge** is dedicated to the planets and elements. Each day, this special retreat is bathed in a different coloured light, in tune with one of the body's Chakras. This is where you can sip Ayurvedic drinks from the tea bar, find healing relaxation and inspiring encounters. The wood panelling on the walls creates a pleasing, regional juxtaposition to the vibrancy of our exuberant Indian theme.

The **Anapurna buffet** is where breakfast and afternoon snacks are served. The **Buddha's Place** restaurant connects to the Spirit Lounge, thus creating a unity with the **Indra Garden**, a conservatory dedicated to the Indian god of war, thunder and rain.

Underground car park with 40 spaces - included in the room rate.

Ayurveda Shop

Everyday Ayurvedic products for gifts and to take home. You can also place orders with our internet shop at <https://shop.sonnhof-ayurveda.at>.



Sustainable for planet Earth

As your health is our top priority, we make every effort in this 5G era to ensure the Sonnhof is and remains a power house.

GeoWave®

- Promotes restful, uninterrupted sleep
- Improves concentration
- Reduces stress
- Speeds up recovery
- Enhances athletic performance
- Leads to faster regeneration
- Has anti-ageing effects etc.

Organic planet

We are working towards a 100% plastic-free kitchen! And we wish to forge this path in other areas too.

A place of spiritual energy

We carry out monthly energy healing throughout the Ayurveda Resort Sonnhof.

Mostly chemical-free cleaning

Effective Microorganisms (EM) create positive environments thanks to antioxidative, fermentative, regenerative, energetic and communicative effects. More than 80 different EMs feed on each other's metabolic products: this provides a self-cleaning energy that we can trust.

AYURVEDA CENTRE

Space to relax - two worlds in perfect harmony

In Ayurvedic philosophy, the body is the temple that houses our spirit. We have reflected this concept architecturally in the AyurvedaCentre's sophisticated, Eastern-inspired relaxation spaces. In line with the motto *Tyrol Meets Ayurveda*, the overall design concept combines colours, materials and aromas from both worlds.

All your senses are soothed in the serene, health-enhancing atmosphere, where revitalising fragrances, peaceful sounds, and a deep connection with the elements set the tone for perfect harmony and inspiring variety.



*I feel
really good
because I feel
protected*



Shiva and Shakti stimulate the senses

Shiva and Shakti represent the masculine and feminine principles: deities who complement and balance each other in complete harmony, guiding you on a journey through a world of wellbeing, and providing inspiration for all your senses.



The Ayurveda Spa

- ☉ Panoramic indoor pool
- ☉ Energy fountain
- ☉ Heat therapy
- ☉ Three themed saunas and steam rooms:
 - Kapha detoxifying steam bath
 - Pitta herb & clay sauna
 - Vata gemstone & saltwater therapy
- ☉ Moon Sauna
- ☉ Sun Sauna
- ☉ 5 infrared heat cabins
- ☉ Shakti fitness room
- ☉ Swasthya peace room
- ☉ OM meditation room
- ☉ Ayurveda lounge
- ☉ 21 treatment rooms
- ☉ 1 beauty treatment room
- ☉ 3 medical rooms



Sun Sauna

The sweet scent of honey combines with the profound power of onyx to boost confidence and vital energies at 60°C.

Moon Sauna

Enveloped by bewitching herbal scents and soothing darkness, shut your eyes and relax ever more deeply at 50°C: an oasis of wellbeing for all the senses.





I feel really good because I
am at one with myself and my
surroundings



Freedom to be me

THE GARDEN OF FIVE ELEMENTS

The rose garden - portal to the path of the heart

The roses in this garden represent unconditional love; pain dissolves and our consciousness of love expands.

Ganesha (elephant god) and Buddha

Experience heaven in the energy garden. But first we must pass the statues of Buddha and Ganesha - son of Shiva and Parvati.

Shakti Yoga platform

A place of transformation, and centre of feminine creativity, this space is set aside for Yoga and meditation.

Chakra spaces

Seven Chakra spaces are arranged in ascending order around the fire bowl, from the Root Chakra to the Lotus Chakra. The energy of the Chakras begins to flow as soon as you enter the spaces.

Place of Bliss

A tranquil place of harmonious unity.

A source of energy for body, mind and spirit

Similar to acupuncture points on the human body, a source of energy is a specific, spiritual place where your spirit can charge its energy and restore mental and physical strength. Our Garden of Five Elements is named after Shiva and Shakti, the guiding mother and father deities, consciousness and power in one, and designed in line with Vastu Shastra doctrine and the five elements to add years to our lives and more life to our years.



Place of the Buddha and compassion

The heart of the garden is where peace and inner harmony await.

Bird table

Observe the birds, listen to their song and allow your thoughts to roam.

Natural pond

Enjoy the presence of water, the source of life and deep tranquillity.

Retreats of quiet meditation

Generous spaces, perfect for resting or practising Yoga, invite you to find relaxation and restoration.



Gaurav Sharma,
Bachelor of
Ayurveda,
Medicine and
Surgery (BAMS),
India

I LOVE PEOPLE

Gaurav Sharma, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India; and state-certified Ayurvedic practitioner, tells us why and how he came to Ayurvedic medicine, how we can integrate Ayurveda into our lives and what he would like to achieve going forward.

What sparked your passion for Ayurvedic medicine?

I love people, and the desire to be of benefit has always been deep within me. Back in India, where I come from, you can choose between studying conventional or Ayurvedic medicine. Since I wanted to resolve problems at root rather than treat symptoms, my choice was always going to be Ayurveda.

Is Ayurveda something that is routinely applied in India?

In India, Ayurvedic medicine is only practised by doctors, just as conventional medicine is only practised by physicians here in Europe. Ayurveda as a philosophy for life, however, and particularly with regard to diet, is generally applied by everyone. India benefits from having fantastic food diversity, with all the healing herbs and ingredients needed for maintaining good health being able to thrive there.

Can Ayurveda really be done in Europe?

We developed European Ayurveda® at the Sonnhof precisely so that Europeans would be able to easily incorporate this brilliant philosophy into their everyday lives. For instance, we designed short meditations that are perfect for practising during office breaks, while you brush your teeth, or whenever you have a few minutes spare: in Europe, it's rare to find people who have the time to sit and meditate for two hours a day! The rituals have also

been made more accessible to Europeans and so can easily fit into everyday life. In addition, we have adapted the nutritional teachings to suit European realities. We use European herbs and spices that have the same or near identical effect as the original Indian ingredients. We have been able to find European counterparts for around 90% of the major Ayurvedic remedies and foods, enabling us to provide Ayurvedic nutrition with the ingredients available in Europe.

What is the main difference between Indian and European Ayurveda®?

The key distinction is societal. Generally speaking, holistic medicine addresses the three aspects of our being: body, mind and spirit. In India, physical strain is a major issue, so in that country Ayurveda deals a lot with the body. In Europe, people are primarily under psychological stress, and most problems and illnesses seem to have an emotional cause. The many conversations I have had with Europeans have repeatedly confirmed this. Westerners are always comparing themselves with others. They live in the future and are highly driven, which places untold stress on mind and spirit - and the body too. What's more, Europeans often suppress their feelings, rarely speaking about them and preferring to keep quiet if they're not feeling great. This affects the psyche and, more often than not, the results manifest themselves in a number of gastrointestinal disorders that have a negative impact on the immune system and general wellbeing.

How do you integrate European Ayurveda® into your life?

60 – 70% of my day follows the principles of European Ayurveda®. It's so easy, even on a busy day. I begin with a morning ritual that includes cleaning my tongue, having a bath and lightly applying oil. I am also vegetarian and therefore follow Ayurvedic nutritional teachings. I restore my mental and spiritual energies by being up in the air or out and about in nature: I'm a pilot and passionate about flying. I'm also a hunter [he smiles] and the first Indian in Tyrol with a hunting permit. As a vegetarian, I obviously don't actually shoot anything; I just enjoy being in the forest. Nature always provides the answer. When my inner child calls me into the forest or into the air, I follow. Those are my little, everyday meditations.

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.



How do you know your Dosha type?

Pulse diagnosis

Ayurvedic medicine teaches us that the ratio of the three Doshas (bio-energies) – Vata, Pitta and Kapha – determines both our general constitution and our current state of health. Pulse diagnosis is used to determine a person's type or Dosha mix. The Ayurveda specialist applies his or her index, middle and ring fingers to the inside of each wrist, feeling the pulse by applying different amounts of pressure. In addition to pulse diagnosis, a lifestyle consultation examines dietary habits and digestion, sleep patterns, stress, problems, etc. The pulse diagnosis and the findings of the consultation are used to determine the Dosha ratio, ascertain current disturbances, and identify both pre-symptomatic and symptomatic illnesses. Based on an individual's medical history, our Ayurveda practitioners, doctors and specialists collaborate with you on creating a personalised treatment plan.

MEDICAL SERVICES



PULSE DIAGNOSIS - on request

Approx. 45 mins

MEANING OF LIFE CONSULTATION - on request

Two approx. 45-minute conversations

FIND YOUR OWN PERSONAL HARMONY

Vata, Pitta, Kapha - the three Doshas

The challenges we face today have intensified our need for rest, relaxation and detoxification, and we're increasingly searching for the calm anchor and power place within ourselves. But toxins and waste materials in the body are not just the results of stress and a poor diet. Even a healthy way of living can result in a build-up of deposits which lead to chronic illnesses and imbalances, throwing your vital energies (Doshas) off balance. European Ayurveda® helps you regain equilibrium and find a lifestyle in harmony with your needs, nature and surroundings.

'There is a reason we were born in Europe and this is why we should work with the home-grown treasures that nature has given us.' This statement is the guiding principle and cornerstone of European Ayurveda®, which combines the expertise of far-sighted conventional physicians with the insights of an ancient school of medicine and regional sensibilities. This symbiosis is reflected in everything we do: in our treatments, consultations and approach to nutrition. I feel really good: because I'm discovering a new way of

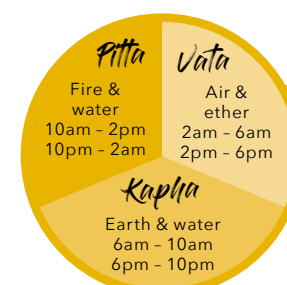
living.

A balanced life

Vata, Pitta and Kapha: the three Doshas of Ayurveda and the foundations of our cosmos and our being. Each Dosha consists of two of the five Elements of Air, Earth, Water, Fire and Ether. Our mental, spiritual and physical abilities are channelled through these three bio-energies, as are our temperament, preferences, aversions, dietary needs and constitution. Everyone is born with a different and unique basic Dosha composition which gives rise to constitutional types. The objective is achieving a harmonious balance between the Doshas. An unbalanced composition of the bio-energies results in physical, mental and/or emotional disturbances.

What's your constitutional type?

Consultation and pulse diagnosis helps us to determine your individual composition. After that, you can lead your life in accordance with your individual constitutional type to achieve health, harmony and contentment. I feel really good: because my Doshas are balanced.



Your inner Dosha clock

'To restore the balance of our Doshas, there are some useful and simple rules that we can follow. Essentially, all we need do is look at a clock and act in accordance with the daily rhythm,' explains Ayurvedic practitioner Gaurav Sharma. 'From 2am to 6am and between 2pm and 6pm is Vata time, time to rest and recharge your batteries - and it explains, for instance, the afternoon slump. From 10am to 2pm, the sun is directly above our heads. Everything burns very quickly, and our metabolism is also in top gear - this is when we should be taking in our main meal. 6pm to 10pm is Kapha time, when our bodies are winding down. This is why we should only eat light dishes from 6pm onwards - or nothing at all, ideally.'



Vata

As a Vata type, your open nature is captivating. You find it easy to make connections and are very talkative but also sensitive. You think up remarkable ideas and are thrilled when you learn something that enables you to change your life. You like to have your cake and eat it, but this affects your endurance. As a Vata type, you are always on the go and love to exercise and travel. Use your strengths.

Pitta

Pitta types are dynamic, impressive personalities. You love sport, games and competition. You enjoy demonstrating your energy and physical and mental performance. But sometimes you can be a bit dominant, and your energy can cause you to overestimate yourself. Then you run the risk of getting carried away and not respecting your limits. As a Pitta type, you love talking and debating. Use your strengths.



Kapha

As a Kapha type, you are even-tempered and a tower of strength to many. Your reactions are always well thought out and sensible. You are most comfortable working quietly and consistently. You're also very good with money and are successful in your job. Your friends value your reliability, but you can also be extremely resentful and occasionally somewhat stubborn. As a Kapha type, you love water, sun and warmth. Use your strengths.



Tip

Our online treatment programme finder offers a preliminary guide to help you find the right solution for you. More advice is available at the Ayurveda Resort Sonnhof, where we ensure that all programmes are tailored to your constitution, needs and objectives.

BECAUSE YOU KNOW YOUR WORTH

Select your preferred treatment programme and let our team of Ayurvedic experts guide you on the path to yourself. We fine-tune everything to suit you: following a consultation to determine your Dosha type, carry out a pulse diagnosis and listen to your wishes, we create a personal programme for you and prescribe herbal remedies ... Because you know your worth ... Your treatments include massages to soothe your body and lift your spirit, detoxifying procedures to free you from environmental pollutants as well as the body's waste products, and Yoga and meditation sessions to help you recognise your true self. Add bespoke nutrition and you have everything you need for a happy body, mind and spirit.

You want to...

- ...Boost your health and prevent illness
- ...Reduce your stress levels
- ...Gain transformative experiences and knowledge
- ...Progress along the path of personal development
- ...Tune into yourself and find the real you
- ...Gather fresh ideas and approaches
- ...Realise yourself
- ...Restore harmony to body, mind and spirit

You're looking for...

- ...A place of spiritual energy where you can let go
- ...An authentic way of living
- ...A global community - your tribe

Why opt for an Ayurveda treatment programme?

The objective of an Ayurvedic programme is to balance the Doshas and thus maintain health, prevent illness and restore harmony to body, mind and spirit. The focus of treatments is adapted to each guest depending on their constitutional type and objectives.

*I feel really good
because I can let go*

PANCHAKARMA - THE QUEEN OF AYURVEDIC TREATMENTS

Cleansing for all levels of your being

'According to the ancient Ayurvedic writings, our central organ is the stomach,' explains Ayurvedic practitioner Gaurav Sharma. 'It's the metabolic centre, bestows warmth and acts as our engine. The first thing we do when people embark on one of our Panchakarma programmes is let them find stillness: the administration of ghee induces drowsiness, while massages deliver relaxation. The subsequent release of toxins cleanses and relieves the gut, while the mind clears, feeling lighter and at ease.'

What is Panchakarma?

In Sanskrit, Panchakarma means 'five actions' or 'five treatments', and our programme comprises five different but coordinating cleansing rituals. These release and expel toxins, waste material (Ama) and metabolic products, cleanse and relieve the gut, and free the spirit. Depending on the patient's constitution, the toxins are removed via the gut, mouth, nose or skin, with additional help from detoxing massages and steam baths.

Whom does Panchakarma benefit?

Panchakarma is recommended for people who suffer from digestive, joint and skin complaints, migraines, depression, and is also used to prevent burnout. Good results can also be achieved for chronic diseases. Additionally, Panchakarma slows ageing processes and helps to maintain physical and mental fitness.

The programme

All Panchakarma programmes begin with an examination that includes consultation and pulse diagnosis with an Ayurveda specialist. The treatments proceed in three phases. During the preliminary phase, metabolic waste products (Ama) and toxins are loosened with the help of pure Ayurvedic butter ghee, oil massages and scrubs. The core treatment phase is when all of the released waste material and toxins are expelled via the bowel. Some guests will also receive Nasya to cleanse their sinuses, relieving pressure in the head and clearing the mind. The third phase involves boosting the immune system, optimising the metabolism and strengthening body tissue. The programme is accompanied by bespoke treatments, a special Panchakarma diet, Yoga and meditation. Panchakarma programmes are available for periods of 7, 10, 14 or 21 days.

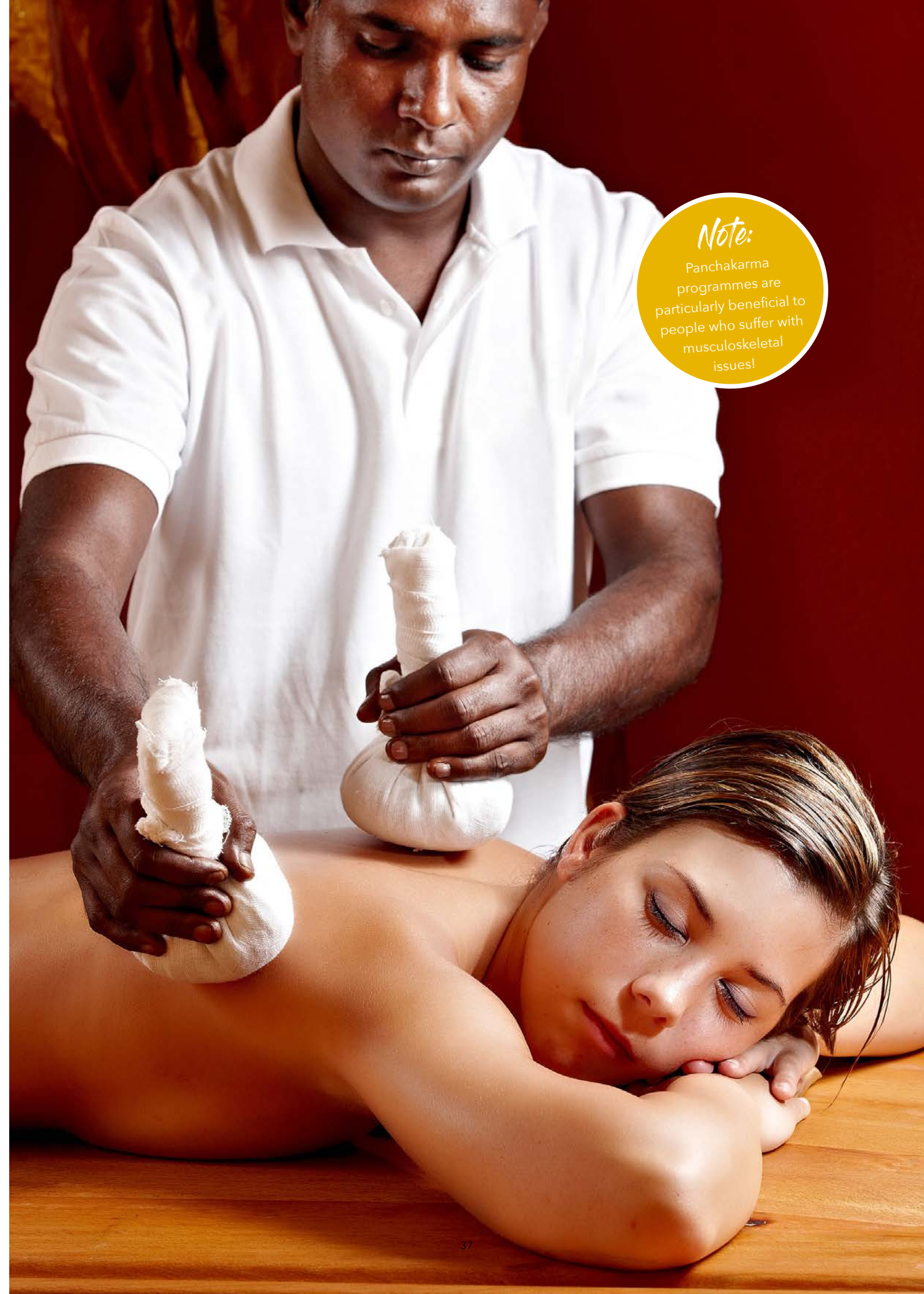
*Vegan-
suitable!*

Info

Our supportive role doesn't stop when you go home. We help you boost the programme's effect for the long term and make positive changes to your daily routine.

Note:

Panchakarma programmes are particularly beneficial to people who suffer with musculoskeletal issues!



AYURVEDA PLUS

Whether your aim is to detox, lose weight, remedy a metabolic disorder or boost your immune system after illness, the combination of Ayurveda and complementary medical approaches deepens the healing process, leading to profound inner calm and self-awareness. Our Ayurveda PLUS treatments were developed by conventional GP and naturopath Dr Alaettin Sinop. Drawing on his analysis of different schools of healing, he has combined them to produce a set of highly effective treatment methods.

Ayurveda PLUS is exclusive to **the Sonnhof** and specially tailored to deal with western lifestyle diseases.

Indications for Ayurveda PLUS

Fatigue, sleep disorders, chronic back and joint issues, allergies, food intolerances, susceptibility to infections, general immune deficiency, asthma, inflammatory bowel disease, digestive disorders, heart and circulation problems, climacteric syndrome.



Dr Alaettin Sinop

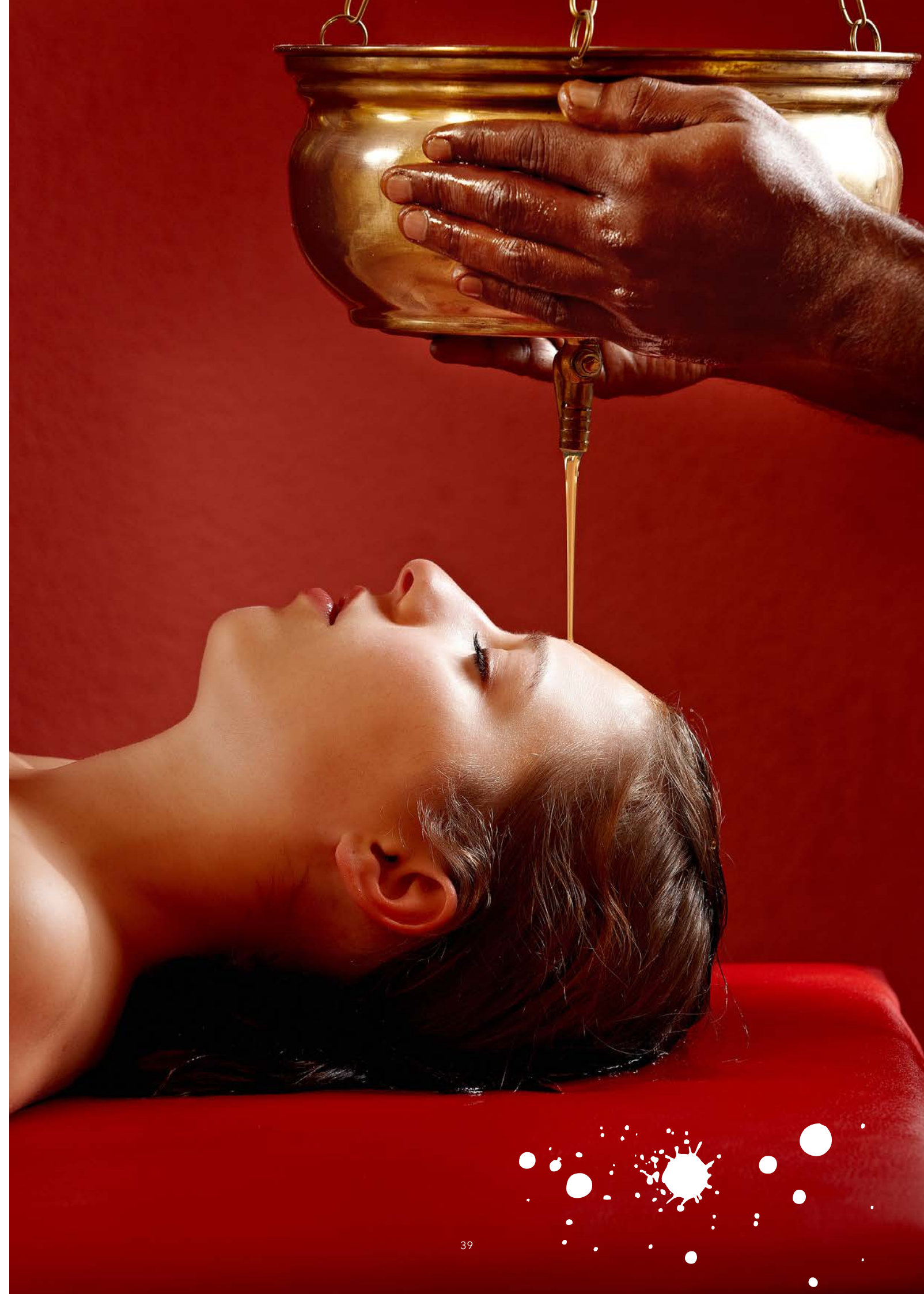
Ayurveda PLUS Acupuncture

The ancient treatment method of acupuncture is a key component of traditional Chinese medicine. It assumes that Qi (vital energy) flows through channels known as meridians. Disturbances of this energy flow, which lead to disease and pain, can be caused by a number of factors, including poor diet, environmental factors, emotional distress and physical strain. Stimulating the acupuncture points along the meridians with needles, pressure or moxa can remove these energetic disturbances. Acupuncture's objective is to restore good health and energetic equilibrium. Combining Ayurvedic therapies with acupuncture further boosts the body's self-regulating capacity and leads to an enhanced integration of individual treatments.

Ayurveda PLUS neurocybernetic massage therapy/HNC

Neurocybernetic massage therapy

- Kinesiologically assesses systemic disturbances
- Releases hidden blockages and distortions
- Stimulates the elimination of toxins (drugs, vaccines, anaesthetics etc.)
- Locates and disengages stressors that cause functional blockages
- Triggers emotional resolution





YOUR YOGA AND HEALING RETREAT

**Rediscover yourself, mindful of each transformation, and find acceptance:
love yourself as you are - listen, tune in and be kind to yourself.**

Yoga teaches us valuable lessons about self-love. As body and mind are sustained and become one, we begin to feel complete. Zoning in on the physical self, we reduce stress levels, boost nervous and immune systems, and strengthen the musculoskeletal system. We pay attention to the higher self: breathing exercises and meditation release blockages, bringing clarity of mind and profound stillness.

Yin Yoga:

Hold your asanas for three to seven minutes and experience the profound stretching of your connective tissue, muscles, ligaments and tendons.

Yoga Nidra:

Discover your deepest layers of consciousness, passing through deep relaxation to slip into a psychological state of sleep.

Chakra Yoga:

Activate, strengthen and harmonise your energy centres, drawing new energy.



Daily Yoga and meditation

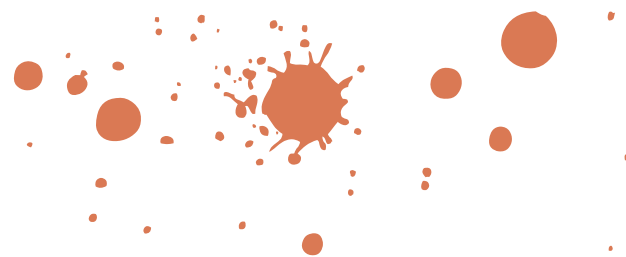
Daily Yoga and meditation sessions are open to all our guests, ranging from Hatha to Yin and Flow Yoga.

Yoga weeks and specials

The Sonnhof offers Yoga weeks, specials and retreats throughout the year. These are run by our own expert Yogis as well as distinguished visiting teachers.

Tip

10 minutes of Yoga daily is all it takes to enhance body awareness and make us more emotionally centred.



GRATITUDE IS THE KEY TO CONTENTMENT AND JOY

Our mechanised, technological world has made us want it all: fulfilment at work, a bulging bank account, fast cars, a new smartphone, the Instagrammable home, foreign holidays – the list goes on. The endless search for bigger, faster and further, and constantly comparing ourselves to others place huge pressures on us, sapping our zest for life with *if onlys* ... Instead of being in the now, we live in the future, tormenting ourselves with our competitive deliberations. However, it only takes a tiny change of perspective to enable us to feel centred and live more in the moment. Rather than concentrate on what we don't have, why not enjoy the abundance that surrounds us, feeling gratefulness for our health, our friends and family, our safe home ...

Happiness begins here

Patanjali's Yoga Sutra 2.42 tells us that joy results from contentment. In Yoga philosophy, a distinction is made between inner and outer contentment. While the latter is short-lived and dependent on the material world, lasting inner contentment can only be achieved by our own actions and attitude to life. Again, gratitude is an extremely important part of contentment. To be happy, we need to focus on what we have rather than what we'd like to have. Although there is nothing wrong in setting ourselves goals.

Contentment + gratitude = a life of joy

Santosha is a Sanskrit word that means acceptance and contentment. It describes an attitude that is free of unreasonable expectations, helping us to accept things as they are. Practising Santosha is an

invitation to value life as it is. We don't need a big house or a Ferrari to be happy since true happiness is based on good health and loving relationships. This means learning to let go and cutting loose from the pressure to lead a perfect, Instagram-worthy life.

Three tips for more gratitude in daily life

1. Practise gratitude every day

When you wake up, direct your attention to what you feel grateful for. Keeping a regular journal of situations or events that give rise to gratitude is very useful. These memories of thankfulness will nourish you during periods of loneliness or sadness.

2. Let go of things that make you unhappy

Make a list of incidents and things that bother you, that you crave, or that make you envious of others. Study your list very carefully and then let go of it by tearing it up or disposing of it in some other way. This small ritual will make history of the causes of your unhappiness.

3. Practise gratitude meditation

Visualise the abundance that you have in your life. The people who value and love you. The environment you live in, the high-quality food you enjoy. This moves your thoughts away from any flaws and deficiencies. Works particularly well with soft, calming music or some tapping.

Forgiveness means releasing a convict and discovering that the prisoner was you.



*Free yourself
from the things
that no longer
benefit you*

FIND YOUR HAPPINESS

Time flies in our fast-paced lives. And we don't even notice. We don't connect with ourselves, neglect to feel joy. Constantly comparing ourselves to others, we set one goal after another. And most of all, we put ourselves under enormous pressure, never stopping, never taking a breather. We're driven. We chase time. And we never catch up.

Our Mind-Detox® programmes address the mental and emotional overload of our time. Mind-Detox®, Glory Life, energy healing and Shamanic coaching help you to determine your own life autonomously and confidently. We will guide and support you on a journey back to yourself, to happiness, love and personal success.

*I feel really good
because I'm enjoying life
with all of my senses*



I feel really good because I'm fortifying body and mind

OUR DIET IS THE SOURCE OF OUR HEALTH

Ayurvedic cooking's high-quality, seasonal, fresh food; hand-picked herbs; aromatic spices and high-quality oils form the foundation of physical, mental and spiritual wellbeing. Eating healthily means we won't need medicine!

Healthy nutrition - responsive, wholesome and mindful

Nutrition is one of the six essential pillars of European Ayurveda®. We eat mainly for sustenance, but food and herbs also have the power to heal.

The food we grow in Europe contains active ingredients that suit European living conditions. To ensure that Ayurvedic nutrition is gently and easily processed by our bodies, European Ayurveda® has developed its own recipes based on local foods and herbs. Nettles, for instance, are anti-inflammatory and contain valuable minerals, fibre, trace elements, chlorophyll, enzymes, vitamin C, phytochemicals and essential amino acids. They detoxify; deacidify; act as a diuretic; cleanse the blood, kidneys, intestines, liver and skin - and make great tea as well as scrumptious pesto. Other phytochemicals activate digestion, making food easier to digest and preventing obesity. European Ayurveda® cuisine therefore replaces 90% of Ayurveda's Indian medicinal herbs with European counterparts that are known to be particularly effective.

Healthy enjoyment - as individual as you are

At the Ayurveda Resort Sonnhof, we offer delicious, Dosha-supporting dishes primarily made with ingredients from our own Ayurvedic farm - the

Lindhof - along with ingredients supplied by regional producers. As well as protecting the environment and our natural resources, this also provides your body with the energy and remedies it needs.

Ayurvedic vegetarian cuisine and treatment plan

To be as gentle on the digestive tract as possible, the European Ayurveda Resort Sonnhof serves vegetarian food. Naturally, we can also provide vegan food on request. As a guest, you will receive a personalised nutrition plan to support your specific programme.

European Ayurveda® - Sonnhof Signature Cuisine full board

Generous **breakfast** buffet with regional and Ayurvedic specialities

Lunch 12pm - 1.30pm: Pitta buffet with soups, salads, appetisers and desserts

In the afternoon Vata snacks with tea ceremony and healthy delights

Dinner Euro-Ayurvedic tridoshic menu - suitable for every Dosha type - with three main courses to choose from (Ayurvedic, fish or vegan). All meals are included in the European Ayurveda® Signature Cuisine full board.



REGIONAL, SUSTAINABLE AND GROWN WITH NATURAL PASSION

Stephan Mauracher is the brother of Sonnhof owner Elisabeth Mauracher. Passionate about farming, he is steadfast in his commitment to sustainable organic agriculture, from fruit and vegetables to wild herbs and aromatic spices. Naturally, his delicious produce is also used to further enhance European Ayurveda® cuisine.

The Lindhof farm in Thiersee joined the European Ayurveda® family in 2016. The organic farm boasts an enviable Alpine location where Stephan grows local and heritage varieties of fruit and vegetables as well as aromatic herbs and spices.

Stephan, how did you come to farming?

My uncle initially sparked my passion for working with animals, nature and machines. Then in 2016 my father and I acquired our own farm.

What does sustainable agriculture mean to you?

For me, sustainability means growing local and heritage varieties and making use of the whole product! As a description, the term 'organic' falls short in my opinion. Many organic foods on the market have come from the other side of the world!

*Partner
hotel*
Hotel restaurant **ALPENrose
Kufstein** serves award-winning
cuisine with the Lindhof's best
produce.
alpenrose-kufstein.at

What foods does the Lindhof produce?

We make our own honey, grow fruit including apples and pears, and harvest a vast array of berries, which we make into jams and juices. We also grow many heritage vegetables, with a yield of up to three tonnes per year.

Can eating the right foods make us happy?

I firmly believe that you are what you eat!

What else happens at the Lindhof?

The Lindhof is also a venue for celebrations, events, cookery classes and so on. We offer plenty of ways to have a good time here, whether privately or on business. Enjoying good food is one of the unique highlights of the farm: tucking into a winter fondue in the barn with the sheep for company is just one of the many options we offer.





Featured in/Distinctions and awards

**Connoisseur Circle Award
2020 - BEST HOTEL IN
AUSTRIA**
Best Medical Spa



**World Luxury Spa
Awards 2019**
Europe's best Luxury
Ayurveda Spa



SPA Star Awards 2019
Best Spa Concept

*Distinctions and
awards ...*

Featured in ...



The Telegraph
UK Condé Nast Traveller &
Conde Nast Traveller Spa Guide
Tatler Spa Guide
The Cultured Traveller
Glamour
SETTE
Prestige
Lust aufs Leben
Madonna
Grazia
SPAinside
Yoga -
Das Magazin
gesund & fit
Bio
Wienerin
Bunte
Fokus



Cultured Traveller 2018:
**one of the "world's best
Ayurvedic escapes"**
Best European
Ayurveda resort

GENTLE EXERCISE IN NATURE, ENERGISING PLACES, FOREST THERAPY AND GROUNDING

Since body and mind are inseparable, nature and exercise are an important component of wellbeing. A healthy mind can only live in a healthy body. For a life in balance.

*I feel really good
because I'm connecting
with myself in nature*



*I feel really good
because I am
comfortable
with myself*



GENERAL INFORMATION

Getting here

Drive by car via the Inntal motorway, exit Kiefersfelden or Kufstein-Nord without toll or via Weyarn, on the main road towards Bayrischzell. Innsbruck 90km, 1 hour; Salzburg 119km, 1 hour 20 mins; Munich airport 135km, 1 hour 30 mins. Transfers: Taxi transfer from the hotel to Kufstein railway station: **approx. €30**. Please contact us for transfer charges.

Arrival and departure:

Your room will be available at 2pm on the day of arrival. Please check out by 11am. In case of early departure, the full rate for the booked stay will be charged.

Booking:

A deposit is required at the time of booking, payable by credit card or by bank transfer to the following account: Sparkasse Kufstein:
IBAN: AT67 2050 6077 0005 1662
BIC: SPKUAT22XXX

Room service:

Our room service charges range from **€5 to €10** depending on the size of the order.

Rates include:

- Sonnhof Signature Cuisine full board
- Weekly exercise programme
- Use of the Ayurveda Spa
- Free Wi-Fi in the lounge
- Underground car park

Payment options:

Cash, debit cards, VISA, Mastercard, American Express

Cancellation charges:

- Up to one month prior to scheduled arrival - no charge
- Between 30 and two days prior to scheduled arrival - 60% of the room rate

- One day prior to scheduled arrival - 100% of the room rate

Ayurveda Spa cancellations:

Please give at least 24 hours' notice if you wish to cancel a treatment at the Ayurveda Spa, less than 24 hours' notice will incur a charge of 70% of the price for the missed treatment.

Single occupancy surcharge:

Double room €75/night
VEDA SPIRIT suite €90/night

Thanking you for your recommendation:

As our way of saying thank you for every recommendation that leads to a booking, we offer an Ayurveda bonus voucher of **€50** - so recommend us and start planning your next break at the Sonnhof!

Gift vouchers

A Sonnhof voucher might be just right for that special gift. If you are using a voucher, please let us know at the time of booking.

In harmony with nature: sustainability matters!

Chemical-free cleaning. Effective Microorganisms (EM) create positive environments thanks to antioxidative, fermentative, regenerative, energetic and communicative effects. More than 80 different EMs feed on each other's metabolic products: this provides a self-cleaning mix that we can trust.

WHY OUR GUESTS LOVE US

'An Indian wellness oasis in Tyrol: the Sonnhof is home to detailed, down-to-earth interpretations of Ayurvedic treatments and sensory experiences.'

Ms Herbstrith-Lappe

'It couldn't be better.'

Ms Funer

'Consistently excellent. Sonnhof has become my go-to for a mental and physical boost.'

Ms Kelly

'The Ayurveda Resort is like coming home to myself.'

Mr Sander

'I'm grateful that I can come back again and again.'

Ms Wyler



European Ayurveda Resort
Sonnhof Tirol

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Take a look at our online magazine: blog.sonnhof-ayurveda.at



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Responsible for content: Ayurveda-Resort SONNHOF GmbH & Co KG

Pictures: Charly Schwarz, Michael Huber, Luftwerk.at, Michael Fischer, Katharina Kraus, Jack Coble, Christoph Hitsch, Claudia Werlberger.

This price list supersedes all previous price lists.

May be subject to change at short notice. We do not accept liability for misprints or errors.