

# I FEEL REALLY GOOD

*Pioneers since 2006*



European Ayurveda Resort  
Sonnhof Tirol

# IT'S ALL ABOUT YOU

WORLD OF EUROPEAN AYURVEDA®  
THE LEADING AYURVEDA RESORT IN EUROPE



## DEAR AYURVEDA FRIENDS AND GUESTS OF THE SONNHOF!

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 realize your potential, accept it – and live accordingly. This is both our inspiration and our mission – a mission which has been recognized with multiple awards:

- > DACH Spa Award Winner 2024
- > European Health & Spa Award 2024 2nd place: Best Medical Spa/Resort
- > World Luxury Hotel & Spa Award 2024: Global Winner for the best detox program
- > Connoisseur Circle Award as Medical Spa
- > Spa Star Award for the best spa concept

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 Naschberger-Mauracher and Helmut Naschberger  
with the entire Sonnhof team*

*Live differently -  
live European Ayurveda®*

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World of European Ayurveda®

## OUR PHILOSOPHY & INSPIRATION

### Far Eastern medicine, the European way

European Ayurveda® revives the ancient teachings of Ayurveda, customized to the individual needs of fast-paced European society. European Ayurveda® offers holistic solutions that can create harmony, health, clarity and inner balance. The traditional wisdom of Ayurveda meets regional products and a deep environmental awareness, yoga and meditation - all tailored to the European lifestyle.

At the Sonnhof, Ayurvedic medicine is harmoniously combined with conventional medicine and modern alternative healing methods. This symbiosis of medical and therapeutic expertise from the old and new world, diversity of flavors, spiritual clarity and holistic approaches is complemented by comprehensive sustainability measures to protect our environment. In the heart of the Tyrolean Alps, we rely on modern photovoltaic systems with air heat pumps.

### Our promise

#### Quality & trust

Every person is unique and therefore needs individualized treatment. With our wealth of experience, we know exactly what is important when it comes to holistic treatments. European Ayurveda® products, formulas and therapies are developed, carefully tested and applied by our team of experts. Our high-quality standards are reflected in the „Certified by European Ayurveda®“ seal.



### Our goal

#### Radiate from your strength

When our energies, body, mind and soul are in balance, prana, our life energy, spreads through us. With European Ayurveda® you will find your inner balance. Draw new energy and unleash the full radiance of your prana.

### Our mantra

#### „I feel really good“

We can only pass on good things if we are doing well ourselves. The energy and love we feel will accompany you from the very first step when you arrive at the Sonnhof. „I feel really good“ is our mantra. Its positive power affects the frequency of our thoughts and feelings. It stands for the beginning of change and paves the way to a happy and healthy life.

### Our mission

#### Harmonize body, mind and soul

Perceive, accept, live. Bring body, mind and soul into balance. Feel your inner self. Be in harmony with nature and live your personal truth. Feel the dynamic balance of your body elements. Because only when you feel this purity within you, you can live in perfect health.

*Life is  
Balance!*

# EUROPEAN AYURVEDA® AREAS OF EXPERTISE AND ITS PILLARS

European Ayurveda® provides ideal solutions for more harmony, health, clarity, and balance - based on many years of experience, through the combination of western conventional medical knowledge and the eastern healing teachings. In this unique interpretation, Ayurveda merges with regional products and environmental consciousness, yoga, and meditation – adapted to the European lifestyle. A unity of spiritual clarity, holistic mindset, and diversity. Live another way - individual, different, healthy.



## EUROPEAN AYURVEDA® 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 detox of body, mind, and soul. With the help of the Ayurveda doctors' many years of experience, the queen of all Ayurveda cures, Panchakarma, is given a European orientation. Our expertise in the field of detoxification is confirmed by a renowned jury at the World Luxury Spa Awards: We are Global Winner for the Best Detox Program! Our treatments give your body the chance to detoxify and eliminate heavy metals. On a mental level, detoxification enables you to refocus on the essentials in life. Through gentle strengthening of the musculoskeletal system by trained therapists, customized treatments by our EA experts and a gentle Ayurvedic diet, body, mind and soul are empowered to achieve new, lasting vitality. Enjoy your new attitude to life.



## EUROPEAN AYURVEDA® BALANCE

Slowing down with European Ayurveda® and years of medical expertise: Let go mentally and physically of work, stress, and the feeling of having to be available all the time. These everyday stresses affect the body and the immune system. But internal stressors such as illness, poor nutrition and restlessness can also have a negative impact. European Ayurveda® tackles these phenomena of the western world with carefully compiled balance cures. Based on many years of experience, the EA experts and doctors constantly develop special lifestyle-based exercises for the stressed musculoskeletal system, balanced nutritional principles and valuable input for a resilient mindset. Find your inner balance, focus on your strengths and recharge your batteries to successfully master your everyday life.



## EUROPEAN AYURVEDA® ENERGY

Become the captain of your life again and take your destiny into your own hands! European Ayurveda® gives you the tools to unfold your full potential. A mindful lifestyle, a balanced diet, regular exercise and stress management are key to correcting imbalances in the body, preventing illness and disease and slowing down the ageing process. To live your best life, you need a creative, agile mind and the ability to adapt to social change. Use the energy, vitality and clarity that arise from an Ayurvedic lifestyle to define your new self and enjoy life to the full!



## CONSULTATION & TREATMENT

**Complementary medicine, sound Ayurveda expertise & 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

**'If your diet is right, you won't need medicine.'**

A combination of vegetarian and vegan Ayurvedic nutrition and regional products from our own farm result 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, energy work and personal development**

Whether Mental- & Mind-Detox®, coaching or lectures: Individual mental support through EA Energy Medicine helps you redesign your life path. Experience your spirituality in healing circles, breathwork sessions or by chanting mantras and connect with your inner essence.



## YOGA & MEDITATION

**Yoga, Pranayama and guided meditations**

Instructions on yoga, meditation and healing ceremonies according to the teachings of European Ayurveda® direct your attention to your inner self. Experience relaxation, clarity and harmony, perceive yourself and your needs.



## NATURE & EXERCISE

**Gentle exercise in nature, places of spiritual energy, forest bathing and grounding**

Body, mind and soul form an inseparable entity. 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.



## TRAINING & COACHING

**Develop your potential, find your calling and drive your passion**

Learn about the teachings of European Ayurveda® and recognize 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.



## CREATIVITY

**Self-realization and zest for life**

Where or how can you unwind and express your soul? Rediscover yourself with dancing, music, painting, writing or journaling. Find your inner child and let your visions become reality! Our exclusive premium programs can support you during your treatment to let go and rediscover your primal power.

# Health is our most precious asset

Elisabeth Naschberger-Mauracher  
and the beginning of European Ayurveda®

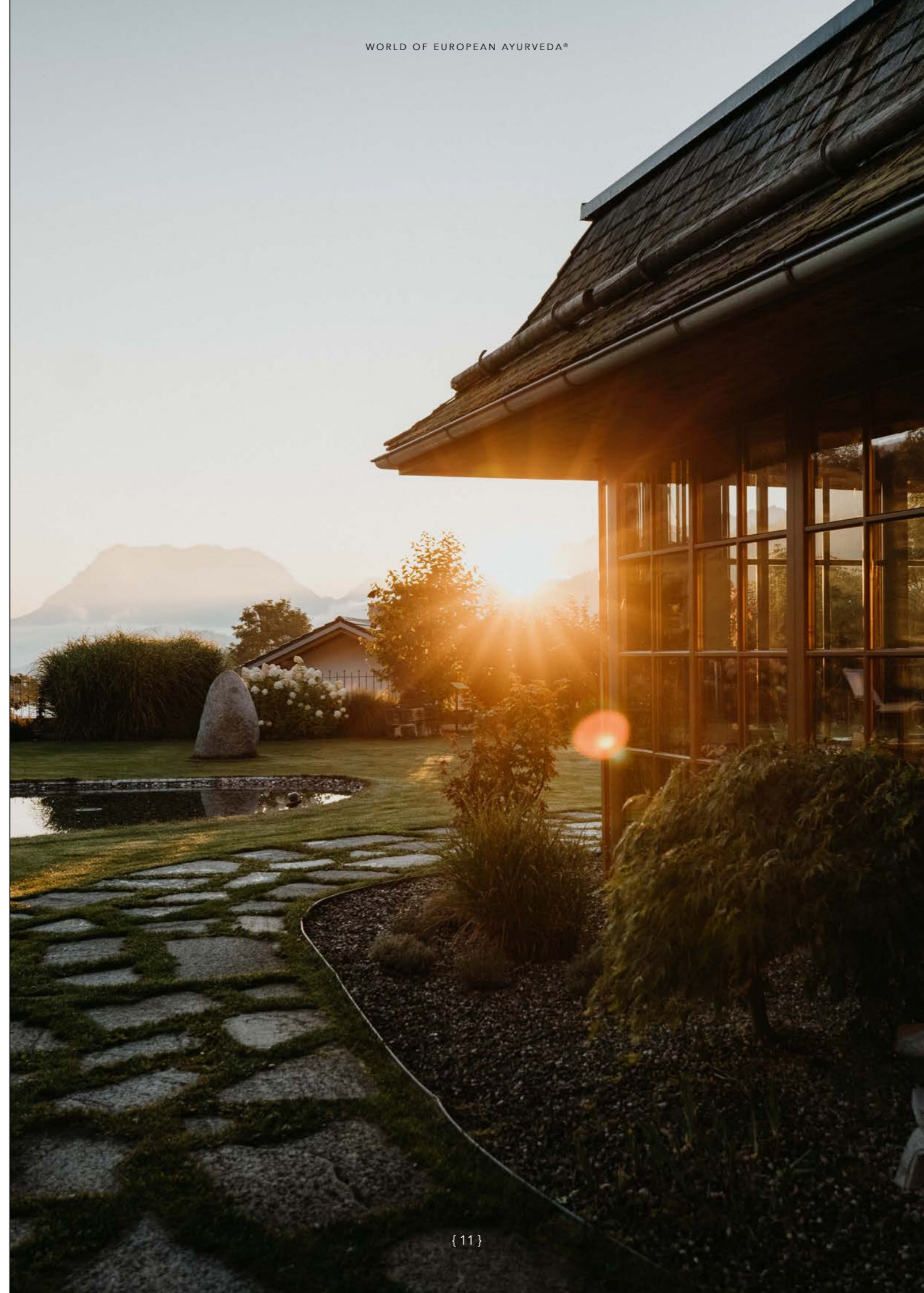
## A STORY OF LOVE AND LIFE

History, our experiences and the place where we live characterize our personality. Together they become a tightly woven band that we call life. This ribbon sets the pace for us, writes the notes for our life's melody. We walk over hill and dale, stumble from time to time and then - at some point - find a path that makes sense. A path that fulfils us. Happiness and contentment spread through our lives. It was the same for us.

Our history goes back to the year 1987. Brigitte and Johann Mauracher bought the Gasthof Sonnhof - a very traditional Tyrolean business in the small village of Hintertiersee, close to the border between Bavaria and Tyrol. After only a short time, the desire to develop the place arose. Four years later, 15 rooms were built, and in 2006 a further 15 rooms were added. But that was not the end of the story. A dream developed in Brigitte's heart, which quickly materialized into an idea: European Ayurveda®. What began as a dream soon developed into a philosophy that gave the Mauracher family's life a new lease of life. Exciting and harmonious at the same time.

The idea and vision became reality. The Mauracher family built the Ayurveda center with yoga and massage rooms, an Ayurveda specialist's room and sauna area - the start of a new chapter, another thread in our ribbon of life. At our side: Ayurveda specialists Gaurav Sharma and Rajat Vashisht and their entire team. Together we will continue to weave our ribbon of life and give the traditional art of healing from India a European face in Tyrol.

Today, the European Ayurveda® family business is run by the second generation, Elisabeth Naschberger-Mauracher and Helmut Naschberger. Elisabeth Naschberger-Mauracher is the owner, pioneer and visionary of European Ayurveda®. She is also an expert in European Ayurveda® & Mindful Empowerment, a female business coach and founder of Glory Female Life. The key link between the European Ayurveda® family and the guests is her love for people and her big heart, in which everyone finds their place. In this interview, she tells us about the path European Ayurveda® has taken her on.



Together  
we build  
a new  
World!



**Elisabeth Naschberger-Mauracher, owner of Sonnhof, pioneer and visionary of European Ayurveda®, expert in modern spirituality and mindful empowerment and founder of Glory Female Life on her path to and with European Ayurveda®.**

### **What makes European Ayurveda® so special?**

European Ayurveda® combines the millennia-old wisdom of traditional Ayurveda with the needs of modern European society. It emphasizes a balanced lifestyle and takes individual needs into account by integrating mental and emotional health into its methodology. The symbiosis of the knowledge of Western conventional medicine, Far Eastern medicine and holistic techniques from complementary medicine ensures a lasting effect, which has been confirmed by numerous awards over the years. In 2024, we were named Global Winner for the best detox program at the World Luxury Spa Awards. This holistic approach has a preventative effect even before illnesses develop and ensures a deep sense of happiness and satisfaction in life. Emotional blockages are released through Ayurvedic treatments and techniques such as breathing exercises, meditation and herbal preparations. The inner balance is strengthened and helps you to lead a joyful, positive and self-determined life.

### **How can European Ayurveda® contribute to a healthy and happy life?**

Studies show that people in the so-called Blue Zones of the world, which include regions in Japan, Italy, Greece, Costa Rica and California, not only live longer, but are also happier and more satisfied. Decisive factors for this are a healthy diet, regular exercise - be it gardening, walking or dancing, strong social ties, recognizing one's individual purpose in life and a low level of stress. European Ayurveda® is based on similar principles and thus significantly promotes physical and mental health. Our aim is not only to increase longevity, but also to improve the quality of everyday life and enable a fulfilled, happy life.

### **How can joy manifest itself in everyday life?**

True joy comes when we accept life in its entirety, including all the ups and downs. Every day we can choose to think positively and be grateful for the small things. Explicitly saying yes to a positive attitude and being grateful for what we have are essential factors for a fulfilling life. If we experience the moment with as much joy as possible in the here and now, this also has a positive effect on the future.

### **How does European Ayurveda® contribute to more happiness?**

European Ayurveda® promotes the balance between body, mind and soul. This not only supports our physical health, it also increases the feeling of satisfaction and joy. Through individualized recommendations based on personal doshas, people can live in harmony with their own nature. Practices such as yoga, light exercise, a healthy and balanced diet, meditation and rituals play a central role in this. These methods help to integrate and maintain self-love, joy and harmony in life.

### **What rituals do you recommend to experience more joy?**

Practicing gratitude, giving yourself space, dancing, laughing, letting go and enjoying the little things in life: these are simple and effective ways to welcome more joy into your life. It is helpful to ask yourself every day what you are grateful for and to record these thoughts in writing. This is how happiness becomes joy. Activities that bring joy should be consciously integrated into everyday life. Enjoy the little moments of happiness: the first sip of tea in the morning, a warm hug or petting your pet. My personal mantra is „Enjoy joyfully and make peace with everything else“.

### **Imagine a fairy came to you - what would you wish for the world?**

My wish would be for us humans to experience more joy and lightness. We often feel empty inside and search for the meaning of life. It is important to recognize our true values and feel more happiness. When we live in the here and now, are content with what we have and feel the pure magic of life, we are more present as human beings and can support each other. The aim of European Ayurveda® is to get to know ourselves better and lead a fulfilled life in harmony with nature and the social world around us.

*Elisabeth  
Naschberger-Mauracher*

*We love people*

Rajat Vashisht

Gaurav Sharma

Deepa Naik

*Our Ayurveda specialists from India*

## ALL GOOD THINGS COME IN THREES

**Our Ayurveda specialists Gaurav Sharma, Rajat Vashisht and Deepa Naik explain the philosophy of the three doshas or bio energies Vata, Pitta and Kapha and how they affect the quality of life.**

### What are the three doshas?

**GAURAV SHARMA:** In Ayurveda, the three bio energies Vata, Pitta and Kapha determine the flow of life and the balance of body, mind and soul. Each of these three bio energies are ascribed certain characteristics and attributes that influence people. All people have all three bio energies within them, but with different emphasis.

### What are the qualities of these three bio energies?

**RAJAT VASHISHT:** Vata is, among other things, energizing, flexible, dry, cool, light and subtle. It is also called the dosha of change, as it drives processes forward, supports memory and strengthens creativity. Pitta is described as hot, spicy, sour, sharp, light and penetrating. The fire dosha helps with transformation and keeps the digestive fire Agni burning. Kapha, on the other hand, is heavy, oily, slow, stable, smooth, viscous, sluggish, cool, immobile and sweet. It provides stability, structure and support in life. Kapha is also associated with moisture and the immune system.

### Why are balanced doshas so important for a long, healthy life?

**GAURAV SHARMA:** A balance of the three doshas supports our health, whereas an imbalance can lead to illness. If there is too much or too little of one of the three bio energies, this quickly becomes noticeable: Too much Vata causes inner restlessness, too much Pitta makes us more irritable; unbalanced Kapha often manifests itself in digestive disorders or a depressed mood. If the three doshas are strengthened accordingly, we do something good for ourselves and our health. In European Ayurveda®, longevity - a long, healthy and joyful life - is one of the most important goals we want to achieve. The balance between the bio energies is the central key to a long and fulfilling life in balance.

### How can the doshas be brought into balance?

**DEEPA NAIK:** We need to balance not only our body, but also our mind and soul. To do this, it is important to ensure a balanced diet, sufficient exercise,

adequate sleep, massages, cures, me-time for productivity, creativity and self-love. Firstly, it is important to find out what exactly is causing the bio energies to be out of balance. Every person has different reasons for this. Here at the European Ayurveda Resort Sonnhof, we find this out during a consultation. We first determine the constitutional type using pulse diagnosis and seven other forms of diagnosis. We then look at where blockages are located. During an Ayurveda treatment, these are addressed individually, and a personalized treatment and nutrition plan is drawn up.

### What can guests expect during their cure?

**GAURAV SHARMA:** Every guest at the European Ayurveda Resort Sonnhof is treated and cared for individually, so there is no generalized explanation. It is important to us to see the person as a whole. Ayurvedic treatments such as massages or herbal peelings are used to harmonize energy flows. Yoga and meditation contribute to physical and mental well-being. The Ayurvedic diet supports the detoxification process on a physical, mental and spiritual level. The cures support the immune system and strengthen the guests' self-confidence. The aim is to become a better version of yourself and to take the knowledge and experience of European Ayurveda® home with you and integrate it into your everyday life.

### What is a Panchakarma cure?

**RAJAT VASHISHT:** A Panchakarma cure detoxifies, purifies and energizes your body. The treatment gives your mind the opportunity to focus on what is important in life and your soul the chance to breathe a sigh of relief. The main focus is on the wholeness of your being so that you can live a life full of health, joy and quality. In addition to individual treatments such as massages, yoga and meditation, which are tailored to your doshas, nutrition also plays an essential role in European Ayurveda®: the healthy and vegetarian/vegan menus harmonize your bio energies and show you a sustainable, healthy way to give your body what it needs.

## Expert Tip

### Strengthen your inner self

#### GAURAV SHARMA

Our lifespan also reflects our life energy. One of the secrets of this energy lies in the way you nourish yourself. Because it is not only your physical body that you nourish, but also your psyche. This energetic level strengthens your positive aura, creates clarity and concentration. It also boosts your creativity - food for the soul. Blockages exist on a physical, mental and spiritual level. With European Ayurveda® we restore access to these three levels and bring you into balance. Please remember: our lifetime is precious and should be well invested. The time you spend with yourself is particularly important. Even a healthy body can harbor a sick mind at certain times of life. Especially in these unsteady times, it is essential to ensure harmony on all levels of your being - physical, mental and spiritual.

### Three tips for more balance in body, mind and soul

#### RAJAT VASHISHT

**Body:** Change is life. Be flexible to the changes in your body and adapt to your new needs. Do sport when you are tired and go for a walk even if you don't feel like it. Your body doesn't want to stand still, it wants to be moved and utilized to develop its full vitality and potential.

**Mind:** A walk with a friend who has a motivating mindset also promotes positivity within you. Good conversations with inspiring people strengthen your mental well-being. You learn to calm your mind and find clarity.

**Soul:** When you take time for mindfulness and self-reflection, you can connect with your inner self and better understand your thoughts, feelings and needs. The time you invest in self-development and joy is one of the most important times of the day. This is when you find your inner harmony.

# Team Spirit

## OUR EUROPEAN AYURVEDA® TEAM OF EXPERTS



**ELISABETH NASCHBERGER-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 & Ayurvedic naturopathy

- > Trained as an Ayurveda specialist (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- > State-certified Ayurvedic practitioner
- > Touch for Health Coach



**RAJAT VASHISHT** // Pulse diagnosis & Ayurvedic naturopathy

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



**DEEPA NAIK** // Pulse diagnosis & Ayurvedic naturopathy

- > Trained as an Ayurveda specialist (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- > State-certified Ayurvedic practitioner
- > Nutrition coach



**DR. ALAETTIN SINOP** // Specialist in general medicine

**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



### BECOME PART OF THE EUROPEAN AYURVEDA® TEAM!

European Ayurveda® is a way of life that combines your potential with the ancient power and knowledge of Ayurveda. As part of the European Ayurveda® family, you are not just doing a job – you inspire our guests, us and above all yourself with your talents! Our task and goal is to help people achieve better health, more balance and more strength in life. And for that, we need your help!

- > You can expect an international team in a family atmosphere.
- > The opportunity to live in one of our staff houses in one of the most beautiful places in Tyrol.
- > Health-conscious, discerning and appreciative guests.
- > Unique European Ayurveda® concept, awarded first place in the Top Medical Spa category.
- > A job with meaning, sustainability and charisma. You can blossom here!



**CHRISTINE SCHNEIDER**

*European Ayurveda® Specialist,  
Ayurveda Spa Manager*

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



**SARAH  
SCHURIAN-BERGMEISTER**

*European Ayurveda® Specialist,  
Ayurveda Spa Manager*

- > Naturopath
- > Psychoenergetic kinesiologist
- > Nutritionist
- > Ayurveda Lifestyle Coach



**HARALD NIEDERL**

*Psychosocial counsellor*

- > Expert for mental & emotional health
- > Logotherapy & existential analysis according to Viktor E. Frankl



**VIJAYA KUMARI**

*Spiritual Teacher*

- > Yoga teacher for traditional yoga
- > Yoga nidra, breathwork, rituals, ceremonies & mantra chanting
- > Energy work



**CAROLINE HUISMAN**

*Yoga & Spiritual Teacher*

- > Yoga teacher
- > Rituals and ceremony



# THE VOICES OF OUR EUROPEAN AYURVEDA® AMBASSADORS



**TIHANA PFEIFER**  
Head of Marketing



**WALTER VOGL**  
Medical masseur



**BIRGIT SPILLMANN**  
Head of Accounting



**SARAH  
SCHURIAN-BERGMEISTER**  
European Ayurveda® specialist

*We create  
good Karma*

€ 5 per cure will be donated to  
the „Grow my Tree“ tree project!  
As a result, 440 trees have  
already been planted.

Every member of our team is valuable! Every day, they do their best to ensure that our guests have a care-free time at the European Ayurveda Resort Sonnhof. Here, a few of our team members have their say and tell us why they enjoy working with us and how European Ayurveda® affects their lives.

## How do you integrate European Ayurveda® into your life?

### SARAH

In such a „Vata“-dominated time as today, I find it very important to take a little time out every now and then. I try to consciously ground myself by setting up mobile phone-free times. Routines are an integral part of my life. For example, I start every day by drinking warm water and try to have a warm breakfast.

### BIRGIT

I integrate Ayurveda into my life in the form of gratitude, because for me this is the key to happiness. I start and end every day with gratitude and live in harmony with people, animals and nature.

### TIHANA

I think for me, European Ayurveda® is mainly found in my diet. I love to eat; I love healthy food and as my daughter says: „It's so great when something is delicious and healthy at the same time.“ Especially since becoming a mum, it's even more important to me to cook healthy food. The great thing is that you don't have to follow strict rules and prohibitions, but are given lots of easy-to-implement tips.

### WALTER

For me, it's living in harmony with nature and trying not to let our fast-paced and hectic times get too close to me.

## What is your highlight here at the European Ayurveda Resort Sonnhof?

### SARAH

My highlight here at Sonnhof is passing on European Ayurveda® knowledge to people who want to integrate it into their everyday lives. Every day I look forward to the interesting conversations with our guests and spending time with the team. It's nice to be able to say that you love your work and live your vocation through your work.

### BIRGIT

I really appreciate the informal and friendly working atmosphere, and I can organize my working hours freely and flexibly.

### TIHANA

Again, I have to talk about food. You get delicious food that you know is also healthy. What more could you want?

### WALTER

As a therapist, the Sonnhof offers the best conditions for working effectively and successfully with guests.

## Where is your personal place of power?

### SARAH

My place of power ... I have several places of power. One place of power is definitely my family. Being able to spend time with them energizes me and fills my heart with joy. Nevertheless, I also need some time out from time to time. The forest is my place of power to find peace and quiet. But water, be it a lake or a stream, also gives me so much clarity and space.

### BIRGIT

I love being in nature. In the forest, in the mountains, at the lake. And I'm very lucky to have all this right at my doorstep.

### TIHANA

I used to look forward to holidays by the sea to relax and recharge my batteries. Today, I realize the beauty of the place where we live. The beautiful lakes and mountains and the energy of nature are simply unique.

### WALTER

My personal place of power can be wherever I feel comfortable. Even at work, when you're doing what you love.

**Accommodation**

33 rooms &amp; suites

**Places for joy and encounters**

The **Spirit Lounge** is dedicated to the planets and elements. Every day, this sensual retreat shines in a different light. Here you can enjoy Ayurvedic drink specialties at the tea bar, find healing relaxation and inspiring encounters. The wall paneling made of natural wood forms a charming regional contrast to the exuberance of the Indian variety of colors.

At the **Anapurna buffet**, you can immerse yourself in the nourishing world of our breakfast and afternoon snacks. In addition to the Spirit Lounge, the **Buddha's Place** restaurant forms a single unit with the **Indra Garden**, the lustful winter garden with breathtaking views, which is dedicated to the Indian god of war and the god of heaven and rain.

**Underground car park with 40 parking spaces – included in the room price**



Discover your personal place of power

Experience & resonance

## OUR RESORT AT A GLANCE

Spaces are not static, but subject to constant change. Allow yourself the space to feel the changes and discover our transformation rooms: where food becomes pleasure for all the senses, nature becomes pure freedom of mind and Ayurveda treatments become unconditional relaxation.

1

**Make sure you get enough exercise**

When your heart rate increases, your body releases endorphins. These happiness hormones help you to cope with stress and find a deep sleep. But be careful: exercising in the evening can have the opposite effect and make you feel even more energized. Instead, opt for a gentle yoga session.

2

**Enjoy a light dinner**

European Ayurveda® emphasizes that lunch is the largest meal of the day, as this is when our Agni is at its strongest. Dinner should be light and eaten early. This allows your body to prepare optimally for the night's rest.

3

**Create your own personal bedtime routine**

A short evening routine can help you to let go of the events of the day, calm down and relax. All it takes is a few minutes in which you consciously take time for journaling, a short massage, meditation, breathwork or yoga exercises.

4

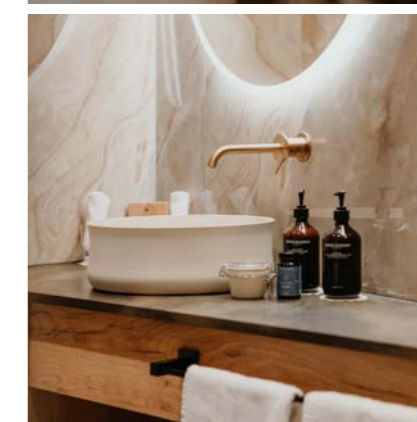
**Try to avoid artificial light in the evening**

Light has a major effect on our biorhythm. The blue light that comes mainly from screens (TV, computer, mobile phone, etc.) inhibits the production of melatonin and prevents you from getting a good night's sleep. Try switching off your electronic devices about an hour before going to bed.

5

**Get up when you can't sleep**

If you can't get any rest and just toss and turn, it's better to get up again! The bed should only be reserved for sleeping. You could read something instead. But only go back to bed when you feel sleepy.



### We take care of your good night

Restful sleep is essential for the regeneration of body and mind. That's why every room at the European Ayurveda Resort Sonnhof is a place of recreation. We use ZES Bodyguard sleep products so that you can find peace and quiet at night and use your full potential the next day. Their biotechnological effect is based on the patented ability to absorb particularly „low-energy“ parts of the electro smog that surrounds us every day and convert them into harmless heat. In this way, your body is relieved and your cells can regenerate better. The ZES Bodyguard Recovery Pad is the ideal solution for a deep and regenerative sleep. That's why we use them in all our rooms.

Memon products are also used to absorb and neutralize the harmful influences of electro smog, WI-FI and other sources of interference. memonWLAN and memonHEATING support living biological systems and create an energetically neutral force field.

**The products from ZES Bodyguard and Memon can:**

- > Strengthen your immune system
- > Improve sleep problems
- > Support the regeneration of your body
- > Ensure more energy and well-being
- > Neutralize interference fields of the 5G network

*See for yourself on your next visit to the Sonnhof*



*I feel really  
good because  
I am safe and  
secure*

Rooms for relaxation –  
two worlds in perfect harmony

## EUROPEAN AYURVEDA® CENTRE

The Ayurvedic world view describes the human body as a temple in which our spirit dwells. We have implemented this image architecturally in our European Ayurveda® Centre and created relaxation rooms inspired by the Far East with high-quality furnishings. According to the motto „Tyrol meets Ayurveda“, materials, colors and fragrances from both worlds have been combined throughout the design concept. In the relaxed, health-promoting atmosphere, all the senses are revitalized by stimulating fragrances, gentle sounds and contact with the natural elements.

Perfectly harmonious and inspiringly diverse.

### Info

**Sauna daily**  
10.00 am – 7.00 pm  
**Indoor pool daily**  
7.30 am – 7.30 pm



#### Shiva & Shakti stimulate the senses

Shiva, the masculine, and Shakti, the feminine: The two deities, who harmoniously complement and balance each other despite being opposites, accompany you on your journey through our feel-good world and are an inspiration for all the senses.

#### Sun sauna

Strengthen self-confidence and gain new life energy, wrapped in the sweet scent of honey and the power of onyx at 60 °C.

#### Moon sauna

Breathe in beguiling herbal fragrances and relax in temperatures of around 50 °C. An oasis of well-being for all the senses.

#### European Ayurveda® Centre at a glance

- > Panorama pool area
- > „Get strength“ fountain
- > Heat therapy
- > Three themed saunas
  - > Kapha detox sauna
  - > Herbal-clay sauna Pitta
  - > Brine therapy Vata
- > Moon sauna
- > Sun sauna
- > 5 infrared cabins
- > Swasthya relaxation room
- > OM meditation room
- > Ayurveda Lounge
- > 12 treatment rooms
- > 1 cosmetic treatment room
- > 3 Ayurveda specialist's rooms

#### There is no Planet B

Because your health is our top priority, we do everything we can to ensure that our Sonnhof remains a place of strength.

#### GeoWave®

- > Promotes restful sleep and leads to faster regeneration
- > Improves concentration and reduces stress
- > Accelerates recovery and increases performance

#### ZES Bodyguard Recovery Pad & Memon

- > Promotes restful deep sleep
- > Renaturalizes and protects the living environment from harmful influences such as electro smog

#### Organic Planet

We are constantly working to remove plastic and disposable products from our working environment. Much of our food comes from our family farm at Lake Thiersee.

#### Green Power

Since 2023, the Sonnhof has been supplied with energy via a modern PV system and an air heat pump. If you like, you can borrow an electric car from „Bee Car“.

#### Energetic Clearing

Twice a month we carry out energetic clearings throughout the European Ayurveda Resort Sonnhof.

#### We clean largely without chemicals

Our rooms are cleaned with effective microorganisms. Their antioxidant, fermentative and regenerative effect creates a self-cleaning power that we trust at the Sonnhof.



*Free yourself  
now from things  
that no longer  
serve you*



## THE FIELDS OF COMPETENCE OF EUROPEAN AYURVEDA®

### 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 detox of body, mind, and soul. Enjoy your new attitude towards life.

#### Detox cures (page 36)

Panchakarma cures, detox cures & emotional healing Cures

### EA BALANCE

Slow down through European Ayurveda® and years of medical expertise: The mental and physical release from work, stress, and the feeling of always having to be available. Find your inner balance, focus on your strengths, and recharge to successfully master your daily life and counteract premature aging (Longevity).

#### Balance cures (page 38)

Immune Power Cure, Rasayana Build-up Cure & Ayurveda Plus Cure

### EA ENERGY

Become the captain of your life again and take your destiny into your own hands! European Ayurveda® gives you the tools to unfold your full potential. Utilize the energy, vitality and clarity that comes with an Ayurvedic lifestyle to define the new you and enjoy life to the fullest!

#### Energy cures (page 40)

Immune Power Cure, Emotional Healing Cure & Panchakarma Cure

# Ayurveda

## IN THE HEART OF EUROPE

The knowledge of a healthy, happy life

**What makes Ayurveda European? And how does our Western lifestyle become Ayurvedic? After nearly 20 years of development, European Ayurveda® represents the integration of the most important health teachings from both worlds.**

The traditional healing system of Ayurveda comes from India. Many insights and practices have remained valid worldwide for thousands of years – however, the needs and health issues of modern Europeans differ from those of the people for whom Ayurveda was originally designed. For this reason, we developed European Ayurveda® in Tyrol.

Modern European Ayurveda acknowledges the differences in climate, culture, and eating habits between people in India and Europe. Thus, the European Ayurveda® cuisine is characterized by regional, seasonal ingredients and spices that our guests are familiar with. It's important to us to offer something that can be easily continued and recreated at home. There are also differences in treatment: While Indian treatments focus heavily on the body, European Ayurveda® goes further, as many of our guests' problems are not only physical but also emotional in origin. People in the Western world are often under great pres-

sure, compare themselves to others, and live more in the future than in the here and now. Many feel driven and stressed on a daily basis. Our goal is to relieve people of this pressure in order to enhance their health and longevity. For this reason, we offer coaching programs and emotional & mental support that can lead to greater satisfaction and inner freedom. We also integrate conventional medical knowledge and modern naturopathy into our treatment offerings to alleviate and prevent typical Western musculoskeletal disorders. Even in yoga and meditation, we place different emphases. At the European Ayurveda Resort Sonnhof, mindful yoga is practiced, where the focus is more on experiencing the practice rather than performance, acrobatics, or maximum flexibility.

European Ayurveda® combines modern European expertise with that of Ayurvedic specialists, nutrition experts, yogis, and spiritual teachers, with the goal of meeting people where they are – whether on the Indian subcontinent or at our power spot in the heart of Europe!

## EUROPEAN AYURVEDA® IS MUCH MORE

### HEALING SPIRIT

We are the creators of our own lives. Healing Spirit is about mindfulness, personal development, **mental health**, and energy work. Because our mindset – the attitude with which we approach the world – determines so much. We help you recognize and dissolve old, limiting beliefs. Experience your spirituality at Healing Circles, Breathwork sessions, or Mantra Chanting, and connect with your inner essence.

### COACHING

Our unconscious mind often already knows the answers that seem far away to our conscious mind. Through our individualized coaching offerings, **emotional and mental support**, we assist you in finding your purpose and answering life's challenging questions so that your unique, authentic answers can emerge in the world. Move through life with ease again, and enjoy your everyday life and your job.

### CREATIVITY & ENERGY

European Ayurveda® provides you with the tools to unlock your full potential. Find your way back to **your inner child** through dancing, music, painting, writing, or journaling, and let your visions become reality! Movement in nature and sports in the beautiful Thiersee valley will help you let go and rediscover your primal power.





*Ayurveda on  
alpine meadows,  
not under palm  
trees*



## CONSULTATION & TREATMENT

**Your cure and personalized treatment plan  
are waiting for you!**

When you book a cure with us, we create a treatment and nutrition plan tailored to your needs. We will discuss this with you during an individual consultation that takes place at the beginning of each cure.

At the start of the treatment, a thorough examination is conducted to determine the patient's constitution and assess health disorders according to Ayurvedic and Western criteria. An important part of the examination is the Ayurvedic pulse diagnosis. This gives the experienced Ayurveda therapist clues about symptoms of illness and the personal constitution. The index, middle,

ring, and ring fingers are placed on the inside of the wrist, and the pulse is felt with varying pressure. In addition to the pulse diagnosis, eating habits, digestion, sleep patterns, and overall lifestyle are analyzed. The pulse diagnosis provides information about the current state of body, mind, and soul, as well as their interaction. Disorders can be identified, which then allow conclusions to be drawn about possible diseases. Based on the sum of this information, a classification into the constitution types Vata, Pitta, and Kapha is made, from which an individual treatment and nutrition program is created.



# Panchakarma

## THE QUEEN OF AYURVEDIC CURES

Purification on all levels of being

*Translated, Panchakarma means „five actions“, which is why this treatment comprises five different, coordinated cleansing rituals. Toxins, waste products (ama) and metabolic residues are released and drained, the intestines are cleansed and relieved and the mind is freed.*

*Also for  
vegans!*

### Who is a Panchakarma cure suitable for?

The Panchakarma cure is recommended, for example, for disorders of the digestive tract, joints, skin, migraines, depression, but also for burnout prophylaxis and much more. Good results can also be achieved with chronic illnesses. Panchakarma slows down ageing processes and keeps you mentally and physically fit. Ayurvedic teachings recommend taking a Panchakarma treatment at least once a year.

### Cure program

Like all Ayurvedic cures, a Panchakarma cure is structured in several phases that are tailored to the individual state of health and well-being of the guest. The success of the cure is based on a clear process, which is divided into build-up, performance and regeneration phases like a training program for athletes.

Every Panchakarma treatment begins with a thorough examination, which includes a consultation and pulse diagnosis by our Ayurveda specialists. This makes it possible to precisely determine the guest's initial situation - physically, mentally and psychologically. The treatment is then divided into three central phases:

### 1 Pre-cure (detoxification & detoxification):

In this phase, metabolic waste products (ama) and toxins in the body are released with the help of ghee, oil massages and scrubs. Similar to the warm-up phase of a sports program, this phase prepares the body for the deeper cleansing processes.

### 2 Main cure (change):

All waste products and toxins released during the pre-cure are removed from the body through targeted treatments such as colon cleansing and massages. This phase of deep cleansing is the most intensive part of the cure, during which the organism is put under the greatest strain – like peak performance during training.

### 3 Post-cure (reorientation & vitality):

In the final phase, the immune system is strengthened, the metabolism optimized, and the body tissue rebuilt. The focus lies on regeneration and vitalization. In addition to strengthening the body, a mental and emotional reorientation also takes place to enable the guest to not only „have to perform“ again after the cure, but also „want to perform“.

The Panchakarma cure is supported by customized treatments, a special Panchakarma diet, yoga and meditation. The Panchakarma cure is offered in lengths of 7, 10, 14, 21 or 28 days.

### Info

When you are back home, we will be happy to provide you with further support. Through this, you can sustainably strengthen the cure effect and change your everyday life.

### Your highlights during the cure

#### Nutrition

Enjoy a vegetarian or vegan Ayurvedic diet in combination with regional products from our family farm. For an intuitive Tridosha diet in harmony with nature.

#### Treatment

Your personal program is put together based on a pulse diagnosis. A symbiosis of treatments, yoga and meditation - for all-round renewal.

#### Individuality

Because every person has individual needs, their own story, their own path and their own truth, individuality comes first. That's why you come first.

#### Effect

Experience the cleansing, preventative and healing effects of the Panchakarma treatment. Feel the deep transformation on a physical and mental level.





Click here for our  
Panchakarma cures!

## PANCHAKARMA CURES

The European Ayurveda® Panchakarma cure has a holistic effect on body, mind and soul – this is ensured by various treatments that our experts suggest based on your individual constitution. Your psyche is strengthened, and you learn to fully develop and live your spirituality. The time you give yourself for this creates perfect conditions and new knowledge for coping with your everyday life. Your blockages are released and balance is restored. The challenges of our time also increase the need for rest, relaxation and detoxification, for a haven of peace. Let go what no longer serves you and create the ideal basis for a new attitude to life. Put yourself first. Allow yourself to switch off, leave everyday life behind and calm your mind in a conflict-free environment. Feel the wonders of deep cleansing.

### Your benefits & successes:

- ☉ A profound detoxification & elimination of toxins
- ☉ Strengthening your immune system & resilience
- ☉ Supportive lifestyle change based on European Ayurveda®
- ☉ Improvement of your metabolism
- ☉ Weight reduction, if you desire
- ☉ More calm, less stress, and burnout prevention
- ☉ Relaxed muscles for greater mobility
- ☉ Relief from joint & back pain and rheumatism prevention
- ☉ Regaining mental fitness & agility
- ☉ Healthier, younger-looking skin & a rejuvenated body
- ☉ Strengthening your mental health and mental clarity
- ☉ Digital detox, if you wish
- ☉ Better sleep & less restlessness
- ☉ Improvement of headaches & migraines
- ☉ Alleviation of menopausal symptoms
- ☉ Support with fertility concerns

### Note

Panchakarma cures  
are particularly suitable  
for problems with  
the musculoskeletal  
system!

### PANCHAKARMA LIGHT

#### 6 treatment days

The 7-day Panchakarma treatment is one of the most effective methods for activating your self-healing powers. After this week, you will feel lighter and take valuable insights for your everyday life with you. Panchakarma „Light“ is available as a treatment with synchronized or individual sessions. Synchronized treatments release blockages even more intensely, balance your energies, and ensure a faster regeneration effect.

### PANCHAKARMA CLASSIC

#### 9 treatment days

In ten days, you will bring your body back into balance. Your back and musculoskeletal system will relax, heavy metals will be eliminated, you will feel more agile, and your concentration will improve. You will sleep better, and your inner restlessness will decrease. The days will give you strength and vitality for your everyday life.

### PANCHAKARMA DE LUXE

#### 13 treatment days

Approximately two weeks are needed for the intestines and gut flora to fully regenerate. Your muscles have relaxed, chronic pain and the feeling of overload will diminish. You will feel mentally clear and free – ready to start your life with new energy.

### PANCHAKARMA SUPERIOR

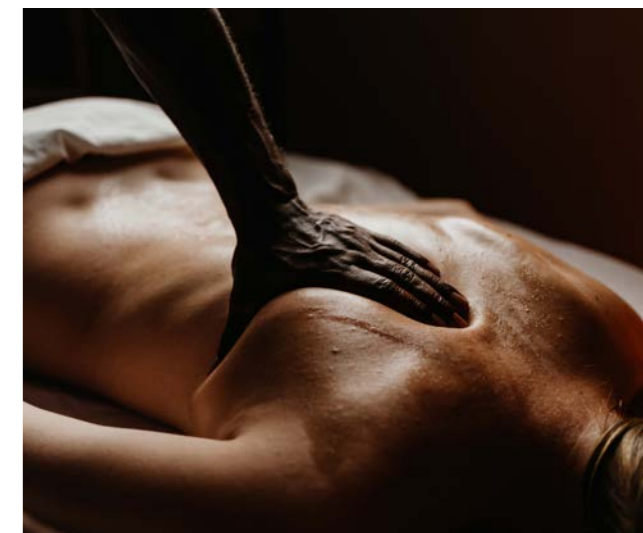
#### 20 treatment days

In three weeks, you can fully recover. As toxins, blockages, and chronic pain leave your body, your soul finds well-deserved peace. You will feel the strength to realign yourself emotionally and mentally.

### PANCHAKARMA SUPREME

#### 27 treatment days

Create a sanctuary of strength within yourself over the course of four weeks, allowing a profound reset on every level of your being – and gently dissolving emotional blockages along the way.



# Detox cures

## DETOXIFY YOUR BODY, MIND AND SOUL

Open yourself to a new future & let go

*Is your life dominated by stress and rush?  
Do you have no time for a balanced and healthy diet in your everyday life?  
And do you feel exhausted and drained?  
Then our Detox cures offer a wonderful way out of this imbalance.*

### What is a detox cure?

A Detox cure gives your body the chance to detoxify, your mind the opportunity to focus on what's truly important in life, and your soul the chance to breathe freely. We will guide you on your journey to a lighter version of yourself. Through gentle movement, personalized treatments, and a mild Ayurvedic diet, you will experience renewed vitality and increased flexibility. Toxins will be released physically and psychologically: a cleansing on all levels of being.

### Who is the Detox program suitable for?

A Detox cure is right for you if you want to free yourself from accumulated burdens in your daily life. We especially recommend this cure if you're aiming for weight loss and if you have a burning desire to experience the lightness of being once again. The healing process of fasting helps the body, mind, and soul to cleanse effectively.

### Course of the cure

You begin your detox program with a consultation. This allows us to tailor the Ayurvedic cure to your personal desires, and needs. In a short preparatory phase, your body and mind are prepared for the upcoming days. You will be provided with a special energy elixir and individual detox meals. Ayurvedic treatments will help to release toxins from your body, which will be flushed

out during the cleansing phase. You will set aside a detox day – your fasting day. To achieve complete detoxification of body, mind, and soul, the detoxification process will be intensified with personalized treatments in the following days, and your immune system will be strengthened. Experience a deep cleansing on all levels. Feel the lightness.

### Detox quick tip: Improve the flow of prana

Detoxification is an essential component of European Ayurveda®: Different methods aim to cleanse the body of harmful substances and restore the balance of bodily functions. Through Ayurvedic techniques, Prana (energy) is harmonized in the body, and blockages are released to enable effective detoxification. European Ayurveda® places strong emphasis on nutrition, as foods like rice, lentils, or lemon help detoxify. Mushrooms and fast food, on the other hand, should be avoided to prevent harmful toxins from accumulating in the body. Additionally, Ayurvedic and European massage techniques are used to release blockages and improve the flow of Prana (energy) and blood. Yoga also promotes circulation, energy flow, and the elimination of toxins. This holistic approach of European Ayurveda® brings your body and mind into harmony, leaving you feeling "really good".



Click here for  
our detox cures!



Our EA Detox programs  
were named „World's Best  
Detox Program“ at the World  
Luxury Spa Awards 2024!

### AYURDETOX QUICK CLEANSE

#### 3 treatment days

Experience a cleansing of your body, mind, and soul in a short time. Based on the pulse diagnosis and consultation, your body will be prepared for the cleansing ritual. Let go, free yourself from toxins, and recharge with Ayurvedic treatments. Together with us, you will find a sustainable solution for a balanced everyday life.

### AYURDETOX INTENSIVE CLEANSE

#### 6 treatment days

Your body will be detoxified and freed from toxins with a gentle inner cleanse, full-body oil, stamp, and herbal powder massage. Through further treatments, your immune system will be strengthened, and your gut will be revitalized – all tailored to your personal needs.

### EMOTIONAL HEALING CURE

#### 6 treatment days

Return your body, mind, and soul to the starting point of your true self and take the opportunity to find your inner balance. Ayurvedic treatments will help you detoxify your body, free yourself from old burdens, recharge new energy, and move forward. Feel yourself and live in harmony with your true nature.



# Balance & Longevity cures

## ALIGN YOUR INNER SELF FOR A NEW BEGINNING

Find your way back to youthful lightness

*Is your everyday life dominated by stress?*

*Do you struggle to take breaks, and feel your physical health increasingly suffering because of it?*

*Do you long for deceleration? An Ayurvedic regeneration cure can support you in these situations and help restore your balance.*

### What is a Balance & Longevity cure?

Computer work, stress and the feeling of having to be constantly available put immense pressure on your body, mind, and immune system. A hectic lifestyle slows down cell division, and free radicals may form. The result? A weakened immune system, health problems, and premature aging. This is where the Balance & Longevity Cures come into play.

Your body cells are effectively renewed, and your Agni (digestive fire) is strengthened. Through this process, Ama (toxins) is released from your body tissue, leading to deep cleansing, regeneration, and resilience. Feel how your body rejuvenates and your mind becomes calm. Gain new strength and vitality. Recognize your inner strengths, expand them, and use them for your new life. Free yourself from old burdens, illnesses, and stress. Your mind will be cleared, and your body cleansed. Strengthen your immune system, your life energy (Rasayana), and feel eternally young!

### Who are Balance & Longevity Cures Suitable for?

Balance Cures are right for you if you want to free yourself from stress and allow your body to age healthily. We also recommend these cures if you want to recover from illness and strengthen your immune system.

### Benefits of the Balance & Longevity Cure

With Immunity and Rasayana cures, you bring your Doshas back into balance and return to inner harmony. You will feel energized and radiate strength and endurance. Your body tissue, digestion, and metabolism will be regenerated. The therapeutic support throughout the entire cure will make it easier for you to bring your goals and dreams to life.

*I feel really good because both body and soul feel free*

### IMMUNE POWER CURE

#### 9 treatment days

This cure helps you strengthen your immune system and replenish your energy reserves. Through gentle detoxification and subsequent gut restoration, your microbiome is strengthened, and your Doshas are brought into harmony.

### RASAYANA CURE „LIGHT“

#### 6 treatment days

Rasayanas not only promote health, but also vital energy and have a rejuvenating effect on body tissue and organs. Targeted treatments promote longevity and health of body, mind and soul.

### RASAYANA CURE „HIGH LIGHT“

#### 6 treatment days

The main aim of this treatment is to regenerate the body and its organs. In contrast to the „light“ cure, you enjoy synchronized treatments that guarantee deep relaxation and balance your nervous system.

### RASAYANA CURE „THE CLASSIC“

#### 9 treatment days

Harmonize body, mind and soul with our traditional Rasayana treatment. The immune system is strengthened after illnesses, inner stability is achieved and states of exhaustion and stress are overcome.

### RASAYANA CURE „DE LUXE“

#### 13 treatment days

Regenerate your entire system and find inner stability during this 2-week program. In addition to synchronized and individual treatments, you can enjoy a private yoga or meditation session or benefit your mind with our mind detox coaching.



Click here for our Balance & Longevity cures!

# medical healthcare



Click here to book  
your Ayurveda PLUS cure!

European Ayurveda® sees you as an individual and as a holistic being. Everything is connected: Body, mind, soul and universe. That is why European Ayurveda® not only treats the symptoms, but also looks for profound solutions to the cause of your problems. With the three goals of prevention, holistic healing and awareness development, as well as the wide range of therapies, Ayurveda forms a complex natural healing system.

## AYURVEDA PLUS

We offer you the Ayurveda PLUS treatments developed especially for us. The combination of Ayurveda and complementary medical methods deepens the healing process, leads to inner peace and supports self-awareness. Our specialist and expert in this field, Dr Sinop, has analyzed various therapies based on his focus on natural healing methods and combined them into effective treatment methods.



Dr. Alaettin Sinop

**In this interview, Dr Alaettin Sinop gives you a more detailed picture of why the combination of conventional medicine and Ayurvedic healing offers the key to balance your health.**

### To what extent do conventional medicine and naturopathy complement each other?

Conventional medicine, or rather university medicine, is more focused on treating symptoms. Alternative medicine, on the other hand, tries to see the background and take a causal approach to treatment. By complementing these two methods, we have two tools in at hand with which we can achieve a holistic approach. Each method has its limitations, and this is where an addition can be very helpful.

### How did you come to combine these two approaches?

Unfortunately, drug-based treatments commonly used in conventional medicine don't always lead to the desired outcomes and can sometimes come with significant side effects. Even early in my career as a doctor, I became aware of the limitations of conventional approaches—particularly pharmaceutical therapies. This prompted me to explore alternative treatment options that take a more holistic view of the patient and are generally associated with fewer side effects.

### You also practice acupuncture.

### When is this treatment particularly useful, and for which conditions would you recommend acupuncture over conventional methods?

Acupuncture is particularly effective in the treatment of pain, especially in orthopaedic cases. Whether it's back pain or joint issues, acupuncture can be a highly successful method. For pain management, I often prefer acupuncture. However, this doesn't mean that existing pain medication should be stopped abruptly. It can usually be reduced gradually as the acupuncture treatment progresses. Internal conditions can also be treated well—ideally in combination with Chinese, Ayurvedic, and traditional local herbs.



*Tip*

You can book all  
Ayurveda PLUS treatments  
individually in addition  
to your treatments!

## AYURVEDA PLUS INTENSIVE CURE

The Ayurveda Plus Intensive Cure combines conventional medical expertise with Ayurvedic healing methods. This integrative therapy supports detoxification, weight loss, and the regeneration of metabolic and sleep disorders, as well as chronic conditions.

You'll enjoy 19 treatments, each individually tailored to your needs. In combination with a carefully designed Ayurvedic diet, this cure offers a powerful opportunity to transform your health and well-being.

Your journey begins with a detailed consultation and pulse diagnosis to determine your personal needs. Based on this assessment, we create a bespoke treatment plan that includes therapeutic guidance, relaxation programs, and targeted Ayurvedic treatments.

A concluding consultation ensures you can carry your newfound balance of body, mind, and soul into your daily life.

## AYURVEDA SHORT STAY

Minimum stay: 3 nights

Detox your body with a revitalizing herbal powder massage and reconnect with your inner self through a full-body Ayurvedic massage with a calming forehead oil pour.

Find your true essence in gentle yoga and meditation sessions, and release stress and worries in the soothing atmosphere of our Ayurveda Spa.

## AYURVEDA RELAX AND WELL-BEING DAYS

Minimum stay: 5 nights

Would you like to dive deep into selfcare, forget the stress of everyday life and rediscover yourself? Enjoy your time out with two full-body oil massages, a forehead oil pour and a salt and oil scrub. Relax with yoga and meditation sessions. Re-energize and strengthen your nervous system with an Ayurvedic energy massage.

## ROYAL AYURVEDA

Minimum stay: 7 nights

Discover your royal self. Let yourself be pampered with a unique combination of six different Ayurveda treatments over seven days. Every part of your body receives sufficient attention in four specific treatments and two full-body massages.

## REGENERATION WEEK „FOUNTAIN OF YOUTH“

Minimum stay: 7 nights

The aim of the „Fountain of Youth“ regeneration week is to delay, halt or reverse premature ageing processes. This beneficial and health-promoting program, tailored to your needs, strengthens the immune system and nervous system, promotes physical strength and regulates digestion. The oils used ensure a clear complexion and soft, supple skin. The treatments warm the entire body and promote the removal of waste products and toxins.

*I feel really good - because I'm taking the time to relax*



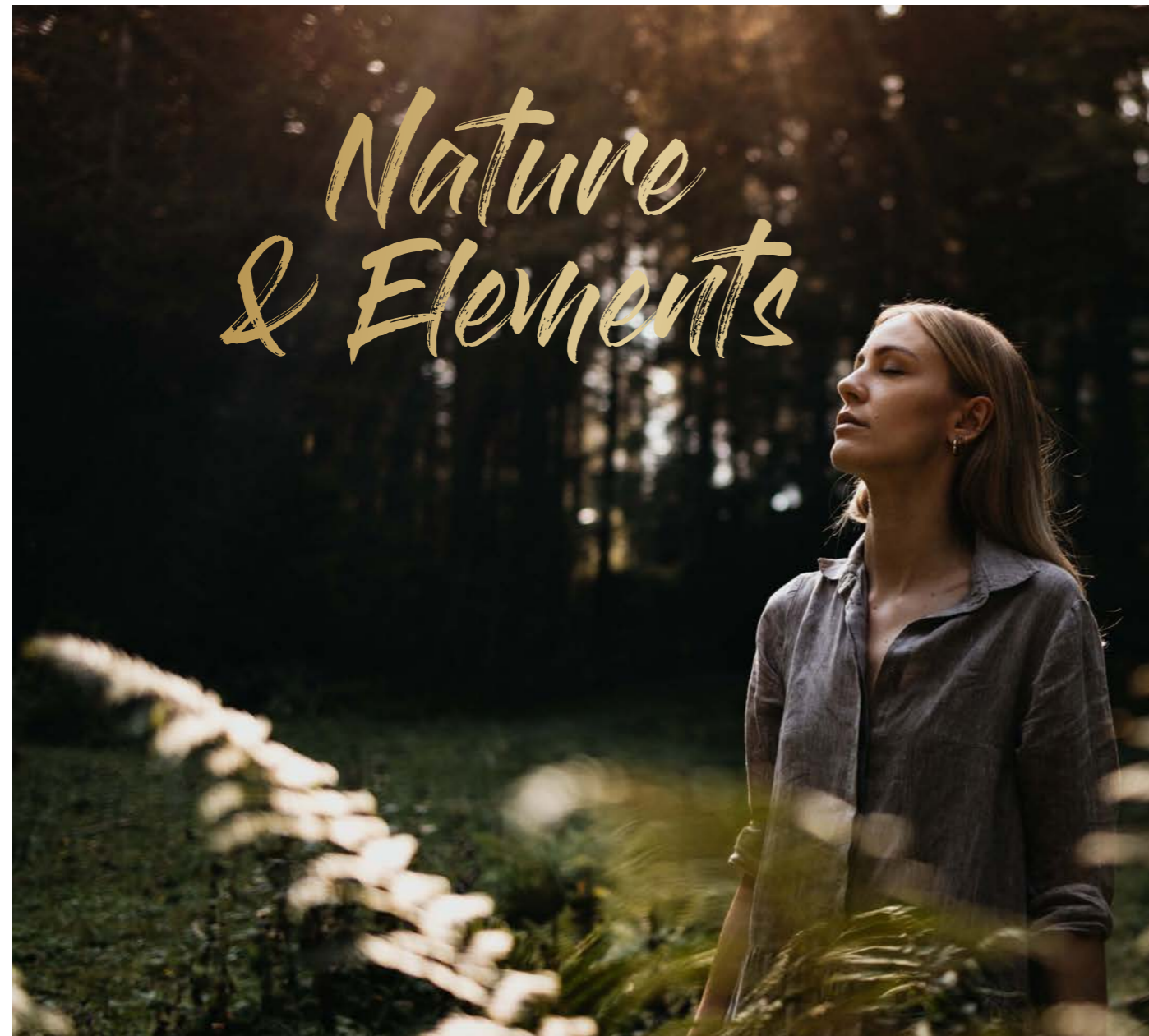
Click here for our Ayurveda programs!

# AYURVEDA PROGRAMS

If you'd like to gently ease into the world of European Ayurveda®, you can choose from one of our carefully designed programs. This way, you'll enjoy the full Sonnhof indulgence board alongside Ayurvedic treatments of your choice. Gentle yoga and meditation sessions will accompany you on your personal journey – entirely at your own pace. When you feel ready, you can deepen your understanding of Ayurveda by attending our weekly lectures or by booking an additional consultation or a personalized European Ayurveda® nutrition session.



# Nature & Elements



## **FIRE (Agni)**

Fire stands for warmth, light, and transformation. In European Ayurveda®, it is linked to clarity, intelligence, energy, and the power of metabolism. Within the body, fire expresses itself through digestion, metabolic processes, and the regulation of body temperature.

## **WATER (Jala)**

Water embodies flow—in life as well as in body, mind, and soul. All bodily fluids, such as blood, lymph, and digestive juices, are governed by Jala. In European Ayurveda®, we also recognize water's cleansing and revitalizing powers as essential for holistic wellbeing.

## **EARTH (Prithvi)**

Earth represents structure, stability, and groundedness. This element brings calm and strength, particularly influencing the body's bones, muscles, and tissues – our physical foundation.

## **AIR (Vayu)**

More than just the wind, the element of air governs all forms of movement, activity, and change. Physically, Vayu influences blood circulation, breath, and neural impulses. On a subtle level, it is closely connected to stress, inner restlessness, and emotional turbulence.



## **ETHER / SPACE (Akasha)**

Perhaps the most subtle of all elements, Akasha represents the space in which everything exists – physically and mentally. In European Ayurveda®, it is understood as the vastness within us and around us. On a bodily level, it manifests in the respiratory tract, mouth, throat, and sinuses.

*I feel really  
good because I can  
feel myself here in nature.*



Breathe deeply  
Arrive  
Let go

### Places of power and the healing effects of nature

Power places are locations that help us connect more deeply with our emotions. They support us in finding balance and tuning into our inner selves. In other words: they are places where the soul can pause, recharge, and simply be.

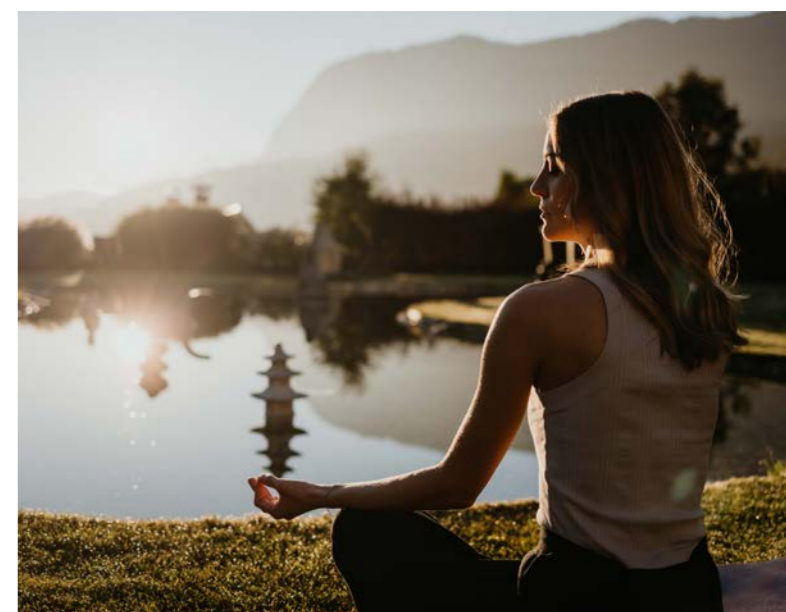
Places of power are zones with increased natural energy. Thousands of years ago, people sought out such places, built places of worship and later churches and monasteries there. These special places can often be found in nature, for example near waterfalls, old trees or lakes. Lake Thiersee, one of the oldest and most popular places of power in the Kufsteinerland, is very close to our resort. Its colour has been changing for hundreds of years - sometimes it is a deep blue, sometimes an almost magical light green. Here you can recharge your batteries and balance body, mind and soul.

### Garden of the five elements

Our garden at the European Ayurveda Resort Sonnhof was named after Shiva and Shakti, the divine father and mother, who form a unity of consciousness and power. In terms of space, we have designed our garden according to the Indian Vastu Harmony teachings and aligned it with the five elements.

#### Here you can discover:

- 1 The **rose garden** is the gateway to the path of the heart, because roses symbolize unconditional love. Pain dissolves and the awareness of love opens up.
- 2 We pass the two statues of **Buddha** and **Ganesha** (elephant god), the son of Shiva and Parvati, when we set off to experience our heaven in the energy garden.
- 3 The **Shakti Yoga platform** is the place of transformation, the center of the female creative forces. It is dedicated to yoga and meditation.
- 4 The more hectic and stressful the outside world is, the more we long for a place where we can recharge our batteries. When you touch the **power stone**, your life force prana flows again and your energy system is realigned and centered.
- 5 The **Buddha's place** is the center of our energy garden and gives you deep peace and compassion for yourself.



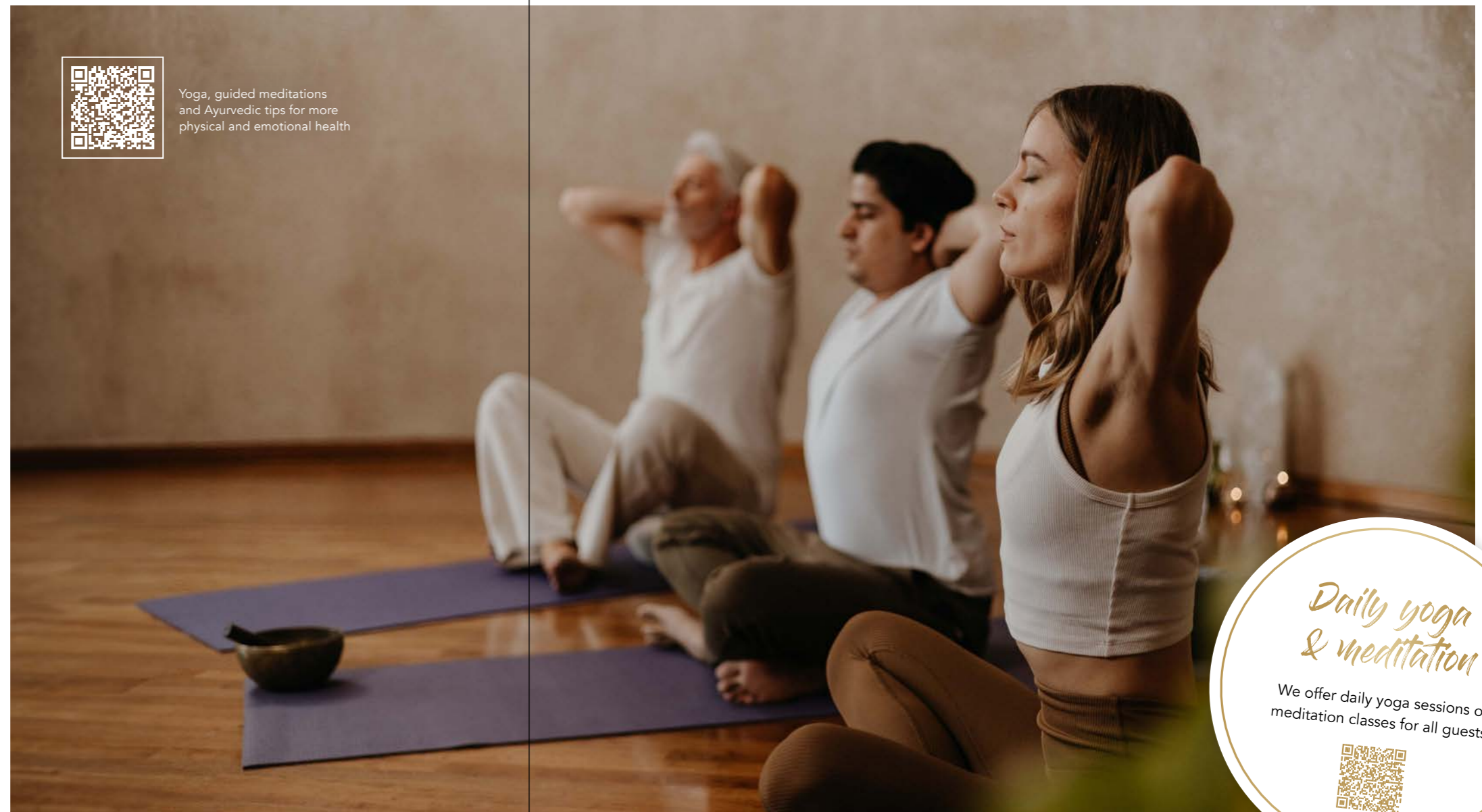
## YOGA & EMOTIONAL RELEASE

**Learn to perceive and feel yourself. Love yourself as you are. Look inwards and discover your true self.**

Yoga teaches you to love yourself and to live in harmony with your body and mind. Both are strengthened and combine to form a harmonious unity, allowing you to experience a deep sense of perfection. Your attention is focused on your physical self: Stress is reduced, your nervous and immune systems are supported, and your musculoskeletal system is strengthened. At the same time, your higher self experiences the same devotion. Through breathing exercises and meditation, inner blockages are released, your mind is cleared and finds peace.



Yoga, guided meditations and Ayurvedic tips for more physical and emotional health



*Daily yoga & meditation*

We offer daily yoga sessions or meditation classes for all guests:



### 3 tips from our spiritual coaches for your yoga practice

- 1 Yoga is not about sporting goals. Focus on connecting mindfully with your body.
- 2 Practice simplicity: A mindful „Om“ in the morning is good for your soul.
- 3 Allow yourself to show and let go of emotions - in your practice, but also in everyday life.

### CHAKRA YOGA

Activate, strengthen and harmonize your energy centers and recharge your batteries with this inspiring yoga practice.

### DETOX YOGA

In this yoga class you will learn various yoga and breathing exercises that help your body to detoxify holistically and let go.

### YIN YOGA

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

### YOGA NIDRA

Discover your deepest layers of consciousness and slip into a state of mental sleep through deep relaxation.

### BREATHWORK

Breathe in and breathe out. Effective breathing exercises with a focus on relaxation, clarity of mind, balance and revitalization.

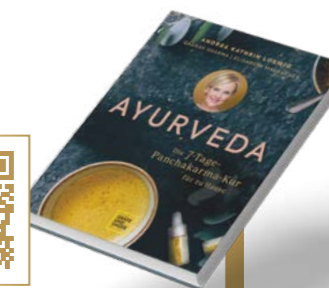
### SACRED CIRCLE

A ceremonial, spiritual space that allows you to connect with your thoughts and feelings and strengthen the divine energy within.



## THE SOURCE OF HEALTH: OUR DIET

High-quality, seasonal and fresh ingredients, carefully selected spices, fragrant herbs and fine oils form the foundation of physical, mental, and spiritual wellbeing in Ayurvedic cuisine. As the saying goes:  
"If your diet is right, you won't need medicine".



### THE 7-DAY PANCHAKARMA TREATMENT AT HOME

Treat yourself to an individual Panchakarma cure at home. With valuable tips and ideas from TV doctor Andrea Loewig.

The active compounds found in European plants are perfectly suited to our climate, lifestyle, and individual needs. To make Ayurvedic nutrition especially gentle and digestible for the Western body, European Ayurveda® recipes are crafted using local ingredients and herbs. Take stinging nettle, for example: rich in minerals, fiber, trace elements, vitamin C, and essential amino acids, it is anti-inflammatory, purifying, detoxifying, and deacidifying. It supports the cleansing of blood, kidneys, intestines, liver, and skin.

Other plant-based ingredients help activate digestion, increase nutrient absorption, and prevent weight gain. In European Ayurveda® cuisine, around 90% of traditional Indian medicinal herbs can be replaced with European alternatives that are equally powerful—and often even better suited to the needs of your body.

#### Vegetarian and vegan cuisine

We serve mainly vegetarian and vegan dishes to ease the burden on your body right from the very first bite. Our health-conscious and ethically responsible culinary approach has even earned us recognition by the international initiative "Vegan Welcome".

#### Healthy indulgence - as individual as you are

At the European Ayurveda Resort Sonnhof, you'll enjoy delicious, dosha-friendly meals crafted mainly from ingredients grown on our family-owned Lindhof Ayurveda farm and sourced from regional producers. In this way, we care for the environment and natural resources—while offering your body exactly the nourishment and healing it needs. As part of your healing journey with us, you'll receive a personalized nutrition plan

designed to support your individual cure in the most effective and nourishing way.

#### European Ayurveda® Full Pampering Board

**Morning:** Generous breakfast buffet with local and Ayurvedic specialties

**Lunch:** Pitta buffet featuring soups, salads, appetizers, and desserts

**Afternoon:** Vata snack with tea ceremony and healthy treats

**Evening:** European Ayurvedic Tridosha menu suitable for all dosha types, with a choice of three main courses (Ayurvedic, fish, or vegan)

**All meals are included in the Ayurveda full board package.**

### NATIVE HERBS IN AYURVEDIC CUISINE



#### Basil

Known in Asia as Tulsi, basil is revered as the "Queen of Ayurvedic Herbs." It calms the nervous system, helps regulate blood pressure, and supports digestion.



#### Mint

The essential oils in mint make it an excellent remedy for colds, soothing inflammation and fever. This local herb also provides relief from nervous tension and mild headaches.



#### Parsley

Parsley – including its seeds and roots – contains essential oils that support digestion and help ease cramps and headaches. It's a powerful and versatile herb in any Ayurvedic kitchen.



# THE EUROPEAN- AYURVEDIC CUISINE

## Top Tips from our Head Chef Leonard

European Ayurveda® Cuisine is a key part of our holistic approach to health and wellbeing. In our kitchen, we prepare vegetarian Ayurvedic dishes every day using ingredients sourced either from our family-owned Lindhof farm or from trusted regional producers in the Thiersee area.

Head Chef Leonard continually creates new Ayurvedic dishes and offers insights into the culinary world of the European Ayurveda Resort Sonnhof.

### What kind of recipes do you use at the European Ayurveda Resort Sonnhof?

We don't follow classic recipes too strictly – first and foremost, the Ayurvedic meals we prepare need to be healthy and as regional as possible. That can be quite a challenge in winter and often requires some improvisation. Each ingredient also needs to harmonize with the full menu in terms of flavour, colour, and effect, all according to our Tridosha philosophy. For instance, if a vegetable like cabbage is known to cause bloating, we counterbalance it with spices that soothe and aid digestion. Finding healthy alternatives for everyday meals is what motivates me and my kitchen team. It's about the big picture and the incredible diversity of vegetarian cuisine – often in ways people haven't experienced before.

### Which foods are best for balancing the doshas?

Balancing the three doshas – Vata, Pitta, and Kapha – is the foundation of European Ayurveda® Cuisine. For excess Vata, I recommend foods that are warm, moist, and slightly oily – but not deep-fried. Nutritious vegetables with natural sweetness like pumpkin, sweet potato, and parsnip are ideal. For breakfast, I suggest steamed fruit with a bit of maple syrup or honey. If Pitta is elevated, people need foods that take longer to digest, because their digestive fire (Agni) tends to be strong. Fresh fruit, grains, and bitter vegetables like rocket and leafy greens are particularly suitable. In general, I recommend a diet that is low in fat but rich in carbohydrates and protein. For too much Kapha, people should choose spicy, well-seasoned, yet dry and draining foods. Beetroot, cauliflower, and radish work well – ideally with bold spices like chili or Pippali pepper.

### What should one keep in mind when preparing Ayurvedic meals?

We make a conscious effort to include all six tastes in our menus: sweet, spicy, salty, bitter, astringent, and sour. To balance vegetables that may cause bloating, we use spices like fennel seed. Heavier dishes benefit from warming spices like chili to support digestion. And no meal should be served completely dry – keeping the body's fluid balance in mind is essential.

### What's your personal cooking tip?

Have fun! Be bold, follow your ideas, and just give things a try! There's nothing more rewarding than creating something new. Of course, it doesn't always work perfectly the first time – but when it does, it not only tastes great but brings a deep sense of pride and joy. Good cooking is an art, but also something simple and beautiful.

### Why do we serve only vegetarian and vegan food at the European Ayurveda Resort Sonnhof?

We made a conscious choice to focus on vegetarian and vegan cuisine. We want to offer our guests a nourishing experience that's different from their usual way of eating – something that feels good and supports a long-term shift toward healthier nutrition. It's also important to us that the stomach can relax and that guests eat more slowly and mindfully. In everyday life, we rarely eat with full awareness. Many of our guests are regular meat eaters and are pleasantly surprised by how much they enjoy – and benefit from – our plant-based Ayurvedic food. They often tell us how fulfilled and satisfied they feel, even without meat. That kind of feedback inspires me and my team to keep pioneering this unique way of cooking.

Head Chef Leonard Müller





## REGIONAL, SUSTAINABLE – WITH A LOVE OF NATURE

**Stephan Mauracher, brother of Sonnhof owner Elisabeth Naschberger-Mauracher, is a passionate farmer. His heart beats for sustainable organic farming – from fruit to various vegetables and wild herbs to aromatic spices. These also enhance the European Ayurveda® Cuisine.**

Since 2016, the Lindhof farm has been part of the European Ayurveda® family in Thiersee. On this beautifully situated farm, Stephan lovingly grows native and especially old varieties of vegetables and fruits, wonderfully fragrant herbs, and spices. Stephan, the organic farmer, shares his story:

### **Stephan, how did you get into farming?**

My uncle sparked my passion for working with animals, nature and machinery. It was through my father that we acquired our own farm in 2016.

### **What do you mean by sustainable agriculture?**

For me, sustainability means growing native and old varieties and processing all products in their entirety. Organic is not enough for me, as I could also buy organic food that comes from the other side of the world.

### **Which products come from Lindhof?**

We produce our own honey and eggs from free-range chickens. We also grow herbs, walnuts, apples, pears, and various berries, which we turn into jams and juices. Additionally, we cultivate many old vegetable varieties with an annual yield of up to three tonnes.

### **Can the right diet make you happy?**

I am firmly convinced that it's true: You are what you eat!

### **What else do you offer at Lindhof?**

From celebrations and events to charming farming experiences and cooking on the farm, we offer plenty of opportunities to spend an exciting time at the farm, whether privately or with a company. I think it's a unique highlight to enjoy our farm – for example, eating fondue next to the sheep in the barn during winter.



# MENTAL HEALTH & GUIDANCE FOR YOUR LIFE

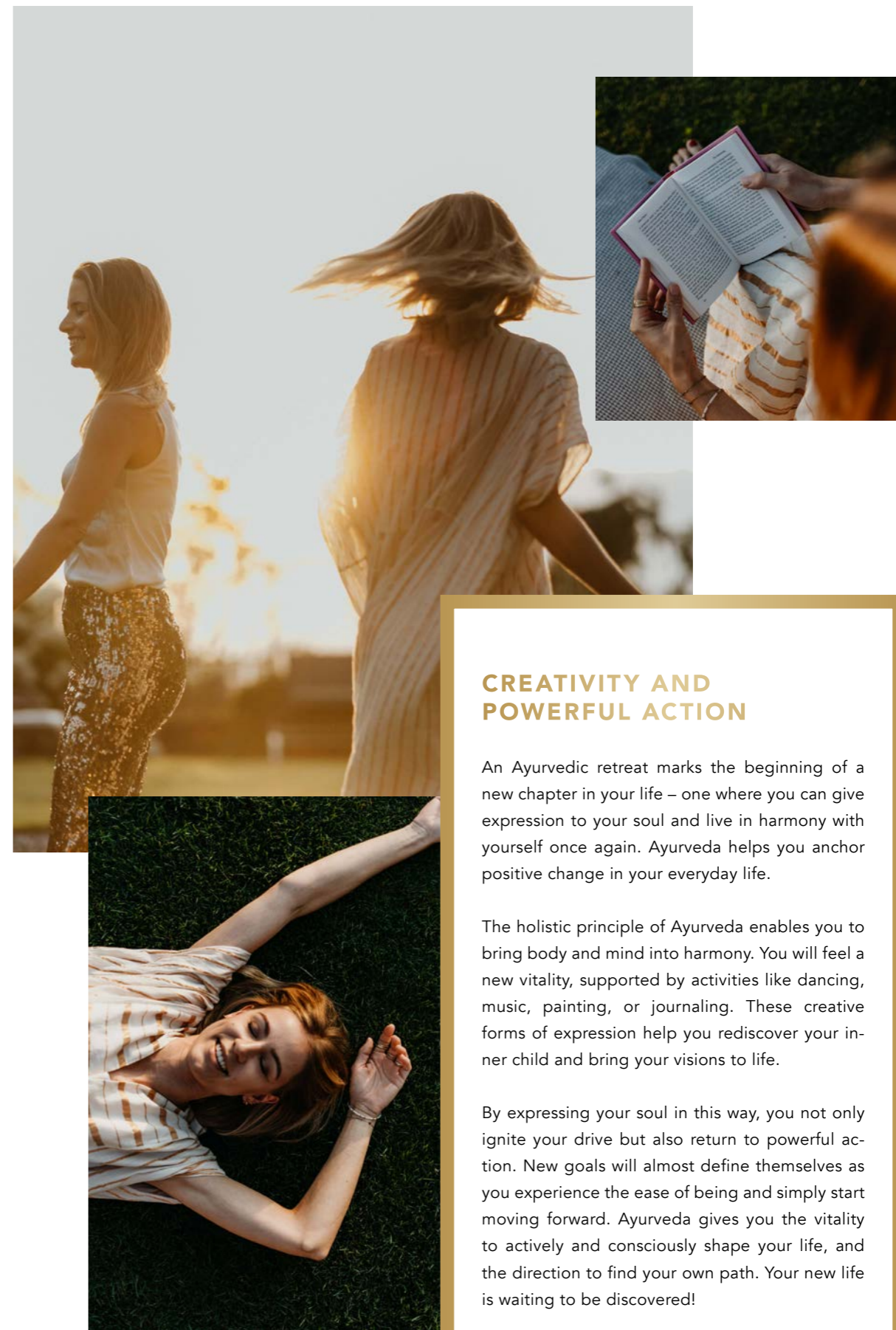
Emotional and spiritual support at Sonnhof

In a world shaped by performance pressure and an „always on“ mentality, more and more people suffer from self-doubt, negative thoughts and chronic stress. These inner burdens often lead to physical symptoms like exhaustion and sleep disorders. The way out of this vicious cycle is not easy. At Sonnhof, you will find support to get back on track with your personal values and life purpose.

Our Mental Health Expert, Harald Niederl, specializes in mental and emotional well-being. As a psychosocial counselor trained in Logotherapy and Existential Analysis by Viktor E. Frankl, he accompanies you on your path to inner balance and greater joy in life. He helps you identify the sources of chronic stress and develop new perspectives. This way, you can not only better manage the challenges of everyday life but also discover and live your personal life purpose.



The emotional and spiritual support offered at Sonnhof is aimed at anyone seeking a way to reconnect with their inner strength and shape their life according to their own values.



## CREATIVITY AND POWERFUL ACTION

An Ayurvedic retreat marks the beginning of a new chapter in your life – one where you can give expression to your soul and live in harmony with yourself once again. Ayurveda helps you anchor positive change in your everyday life.

The holistic principle of Ayurveda enables you to bring body and mind into harmony. You will feel a new vitality, supported by activities like dancing, music, painting, or journaling. These creative forms of expression help you rediscover your inner child and bring your visions to life.

By expressing your soul in this way, you not only ignite your drive but also return to powerful action. New goals will almost define themselves as you experience the ease of being and simply start moving forward. Ayurveda gives you the vitality to actively and consciously shape your life, and the direction to find your own path. Your new life is waiting to be discovered!





Apply now for your better life – online on our website

## YOUR EMPOWERMENT MENTORING

Imagine walking through your everyday life with ease. Imagine your business is thriving, and you look forward to going to work every day. Because you've changed your perspective on your life and your job. You no longer see it as work, but have found your calling. You are drawing from your full power, living your life on your terms, and are fully authentic. We will guide you for a period of 3, 6, or 12 months, accompanying you on the path to your dream life.

Awaken your **potential** and your **radiance**. Find your **life purpose** and **mission**. Move away from an unfulfilled life and towards your **true calling**. Learn how to apply European Ayurveda® in your everyday life, enabling you to create a successful business and a fulfilling life. Get to know yourself in a new way and take the reins in your hands. Because life is too precious to just be a passenger.

### Empowerment Mentoring is right for you if...

- ☉ You want to draw from your full strength and drive your heart-centered business forward.
- ☉ You don't want to be alone on the journey of becoming the best version of yourself.
- ☉ You want to feel authentic and live your life according to your own vision.

- ☉ You want more ease and joy in your relationships, life, and career.
- ☉ You want to move away from a mundane life and truly experience success and joy.
- ☉ You want to rediscover yourself, your abilities, and your strengths and bring your business onto a path of success.
- ☉ You want to live a life full of ease, success, and abundance.
- ☉ You want to learn how to implement European Ayurveda® in your personal and professional everyday life.
- ☉ You want to fully step into your power and walk your heart-centered path.

*Together we build a new world!*

*Start your dream life full of lightness, health, abundance & joy today!*

### Your personalized empowerment mentoring:

#### YOUR 3-MONTH EMPOWERMENT MENTORING

- ☉ Zoom call every 2 weeks with our experts
- ☉ 2-day intensive Ayurveda retreat individually tailored to your needs
- ☉ Workbook
- ☉ Goodie from our Ayurveda Store

#### YOUR 6-MONTH PREMIUM EMPOWERMENT MENTORING

- ☉ 2 conversations via Zoom with our experts every month
- ☉ 2-day personalized Ayurveda retreat with live coaching
- ☉ 7-day Panchakarma treatment with personalized support
- ☉ Health check and counselling
- ☉ 2 energetic clearings (online)
- ☉ Yoga and healing session at Sonnhof
- ☉ Workbook
- ☉ Goodie from our Ayurveda Store
- ☉ Live cookery class with our nutrition expert
- ☉ Your Ayurveda ritual



#### GAURAV SHARMA

Focus your energy inward. Don't compare yourself to others and recognize your worth. You are enough just as you are!



#### RAJAT VASHISHT

Value yourself enough to cook fresh every day. Through spices and the right preparation, you can balance your doshas.



#### ELISABETH NASCHBERGER-MAURACHER

Find rituals that empower and strengthen you. The rhythm in your life will ground and center you.

*I feel really good  
because I'm strengthening  
my body and mind*

# Premium programmes

## GET THE BEST OUT OF YOUR CURE!

Would you like to do even more for yourself and your inner balance?  
With our premium programs, your detox experience will receive a special focus on a key theme.



You can find the full details  
of our premium programs  
on our website.

## MENTAL- & MIND-DETOX®

**For a fulfilled and  
happy life**

Are you ready to change your life? Do you want to mobilize your strengths and manifest your dream life? Then use your mind as the architect of your vision and your future. Learn to love yourself as you are! We'll accompany you on this journey.

### Imagine...

- ... You have a happy and fulfilled life.
- ... You love yourself as you are.
- ... You change your inner world and transform your fears.
- ... You feel new courage and joy of life.
- ... You look forward to your future.
- ... You live your dream.
- ... You know why you are here.

- ☉ Mental & Mind-Detox® Mentoring with our Mental Coaches (90 min)
- ☉ Workbook with a sustainable plan for at home
- ☉ Personal yoga session (50 min)
- ☉ Personal healing meditation (25 min)
- ☉ Head & face massage "Liberation of Thoughts"

## DETOX

**Free yourself  
from old burdens**

Would you like to deepen your detox? Further cleanse physically, dissolve water retention, and strengthen and firm your tissues? This package offers pure detox and plenty of tips on how to continue detoxing at home with your Panchakarma book.

### Imagine...

- ... You feel light.
- ... You and your body are in harmony.
- ... You can do something good for your body, mind, and soul.
- ... You let go of the old.
- ... You know what's good for you and implement it.
- ... You feel cleansed and clear in your mind.

- ☉ Mental & Mind-Detox® Coaching (55 min)
- ☉ Garshan – Silk glove massage including detox body wrap (80 min)
- ☉ Detox foot reflexology massage (25 min)
- ☉ 3 shots
- ☉ Panchakarma book for home use
- ☉ Workbook



*I feel really good  
because I've found  
myself*

## FEMALE POWER

**Awaken your  
feminine vitality**

Would you like to feel comfortable in your body and love yourself? Have time for yourself and your needs? In this package, you can connect with your body and open yourself to intuition. Feel supported and beautiful.

### Imagine...

- ... You love your body.
- ... You are in harmony with yourself.
- ... You give yourself appreciation and time for your needs.
- ... You are proud to be a powerful woman.
- ... You play no role, but are fully yourself.

- ☉ Mental & Mind-Detox® Coaching (55 min)
- ☉ Letting go ritual (25 min)
- ☉ EA Glory healing massage (80 min)
- ☉ European Ayurveda® body scrub
- ☉ Workbook

## MEN POWER

**Feel and live your  
masculine strength**

Would you like to rediscover yourself and live your full potential? Reduce your stress levels, take time just for yourself, and decide for yourself what feels good and what you need? In this package, you can connect with your inner strength – feel what you need, away from the routine and outside influences.

### Imagine...

- ... You have time for yourself.
- ... You can make decisions that give you power and strength.
- ... You are only responsible for yourself.
- ... You feel your inner warrior.
- ... You feel supported and connected.

- ☉ Mental & Mind-Detox® Coaching (55 min)
- ☉ Letting go ritual (25 min)
- ☉ Prana Healing Massage® by Sonnhof (80 min)
- ☉ Ayurvedic herbal and spice tea "Reinvent Yourself"
- ☉ Workbook



*Tip*

We recommend  
the premium programs  
in combination with  
your cure.

# DISCOVER EUROPEAN AYURVEDA® HOME

Your Ayurveda experience at home



Click here for  
the EA Home App!



**With our new app, European Ayurveda® Home, we bring the ancient treasure of Ayurveda right where you spend most of your time: to your home! This innovative platform is much more than just an app – it's a lifestyle that combines the wisdom of Ayurveda with the needs of the modern world.**

European Ayurveda® Home offers you the opportunity to dive deep into the teachings of Ayurveda. It is a holistic program designed to transform your life from the inside out. The programs and products were developed by an interdisciplinary team of Ayurveda doctors, nutrition experts, yogis, and spiritual teachers.

## Your digital journey to well-being

With European Ayurveda® Home, you can perform complete Ayurveda cures directly at home. The app guides you intuitively through each day of your cure – from detailed instructions to delicious recipes and soothing meditations. Everything you need for your cure will be sent directly to your home, allowing you to fully focus on your journey to well-being.

## Three lines

### FOR YOUR INDIVIDUAL NEEDS

Our app offers three lines tailored to your unique constitution:



#### INNER BEAUTY

For a fresh, energetic glow and inner balance that you can see and feel. This line helps you strengthen your natural beauty from within.



#### GOOD GUT FEELING

This line helps you sustainably calm your digestion and develop a better body awareness. Perfect for finding your center and boosting your well-being.



#### SLEEP WELL

Balance your sleep rhythm and find rest. This line is ideal for those who long for restful sleep and more energy in daily life.

## Four programs

### FOR YOUR PERSONAL AYURVEDA EXPERIENCE

Within these lines, you can choose from four different programs, each tailored to your life situation and needs:

#### THE TEA CEREMONY

For trying out and getting a feel: Take a moment each day for yourself. Enjoy a short break and find more inner peace through a mindful tea ceremony.

#### THE DAILY

This subscription provides you with a daily routine that easily integrates into your life – you perform the same effective steps every day, embedding European Ayurveda® into your life and establishing a foundation for long-term well-being.

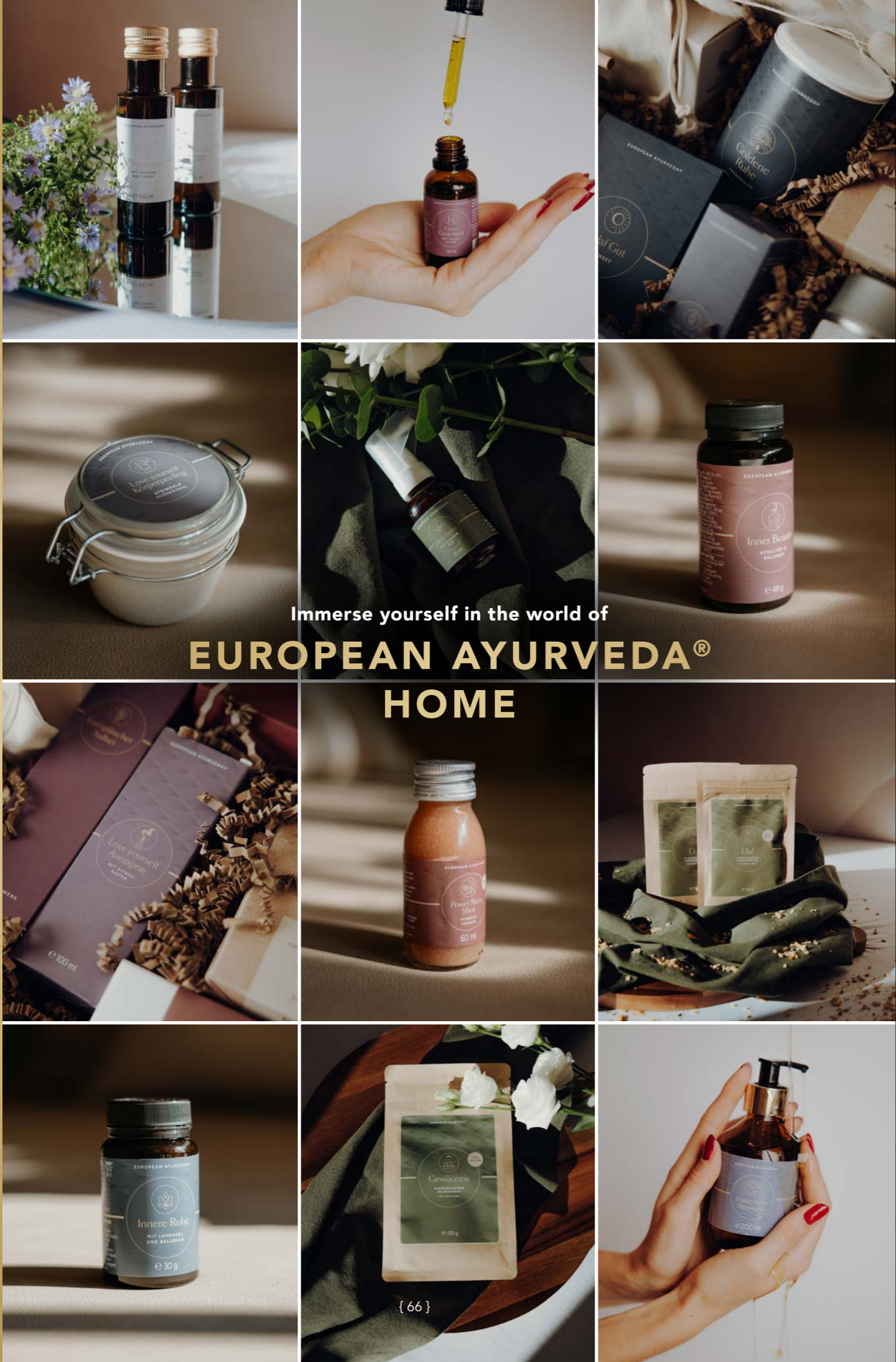
#### INSIGHTS ONLY

This digital-only subscription offers valuable knowledge, meditations, and inspiring content to read, watch, and listen to – perfect for those who want to engage with Ayurveda on an intellectual level.

#### THE HOME CURE

An intensive at-home program that helps you experience sustainable change in a short period.





Immerse yourself in the world of  
**EUROPEAN AYURVEDA®**  
**HOME**

# AWARDS & PRESS REVIEWS

We are pioneers on our journey to bring European Ayurveda® to the world. Numerous awards, accolades, and fantastic reviews from our guests confirm our work. The positive international media response shows that we are on the right path with our philosophy and lifestyle.



Here you can find the latest releases

In 2024, our resort was honored with several prestigious awards: At the **World Luxury Hotel & Spa Awards**, Sonnhof received the award for the best detox program worldwide. We also impressed in the German-speaking region: The **DACH SPA Award 2024** went to our resort, and we once again excelled in the „TOP MEDICAL SPA“ category in the Connoisseur Circle

evaluation. Additionally, we achieved second place at the **European Health and Spa Awards**. Another honor was receiving the award at the **Falstaff Spa Awards** in the „Medical & Detox“ category. These recognitions acknowledge the dedication and expertise of our team. They motivate us to become the best version of ourselves every day!

KNOWN FROM:

Condé Nast  
**Traveler**

**GLAMOUR**

**GRAZIA**

**Forbes**

**woman**



European Ayurveda Resort  
**Sonnhof Tirol**

# Why our guests love us



„I AM GRATEFUL THAT I AM  
ALLOWED TO COME HERE  
AGAIN AND AGAIN.“

Mrs Wyler



„I FOUND  
MYSELF AT THE  
YURVEDA RESORT.“

Mr Sander



„CONSISTENTLY EXCELLENT.  
SONNHOF HAS BECOME MY  
GO-TO FOR A MENTAL &  
PHYSICAL BOOST.“

Mrs Kelly



„THE QUALITY AND  
PROFESSIONALISM OF  
ALL THE STAFF AT SONNHOF  
IS BREATHTAKING!“

Mr Perez



„INDIAN OASIS OF WELL-BEING IN TYROL:  
AT THE SONNHOF, THE AYURVEDA APPROACH IS INTERPRETED  
IN ALL ITS DETAILS IN A DOWN-TO-EARTH EUROPEAN WAY AND  
CAN BE EXPERIENCED WITH ALL THE SENSES.“

Mrs Herbstrith-Lappe

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**[WWW.SONNHOF-AYURVEDA.AT](http://WWW.SONNHOF-AYURVEDA.AT)**

