



AN ACTIVE WEEKEND OF YOGA AND HIKING

Celebrate autumn with us in the lovely town of Gumpoldskirchen, just 30 minutes by train from Vienna. During this weekend we will flow and meditate together, and get a chance to hike around the beautiful nature surrounding Gumpoldskirchen.

18-20 OCTOBER 2024
at Schloss Gumpoldskirchen

Total retreat price (per person)
€265 for a shared room
€333 for a single room





ITINERARY

FRIDAY, 18 OCTOBER

- 15.00 - Check-in to Schloss Gumpoldskirchen
- 16.00 - Welcome and tea in the lounge
- 16.30 - End of the week slow hatha yoga (75 min)
- 19.00 - Dinner in Gumpoldskirchen (not included in the price)

SATURDAY, 19 OCTOBER

- 08.00 - Tea, morning yoga & meditation (60 min)
- 09.30 - Breakfast
- 11.00 - Hike (2.5 - 3 hrs)
- 14.00 - Light lunch
- 17.00 - Yin yoga (75 min)
- 19.00 - Dinner in Gumpoldskirchen (not included in the price)

SUNDAY, 20 OCTOBER

- 08.00 - Tea & vinyasa flow yoga (75 min)
- 09.30 - Breakfast & farewell
- 11.00 - Check-out

To reserve your spot contact
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