

SKYOGA & MENTAL

TRATTERHOF





**TRATTER
HOF**

MOUNTAIN
SKY HOTEL

SKYOGA & MENTAL

At the Tratterhof Mountain Sky Hotel, Yoga & Mental weeks are regularly offered with experienced instructors who provide valuable impulses for an everyday yoga lifestyle even after the holiday.

Therefore we have coined the term **SkYoga** to describe the special weeks on the following pages. They offer both beginners and advanced pupils lasting stimuli on topics such as relaxation, concentration, meditation and mastery of the body.

All courses are included in the hotel price.
The number of places is limited.
The “first come first served” principle applies.



The rhythm of the body,
the melody of the spirit
and the harmony of the soul
create the symphony of life.

(B.K.S. Iyengar)



> Included in the hotel price.



YOGA MEETS PILATES

The peaceful Yoga & Pilates sessions with Gabi enable optimal concentration on your own body.

Do you love Body & Mind courses such as Yoga or Pilates and don't want to miss out on your practice even on holiday? Or have you always wanted to get to know Yoga & Pilates and their beneficial effects? Then this event week is just right for you!

Gabi guides you so that everyone can join in and clearly perceive the difference between Yoga & Pilates. She offers a varied programme with Yin Yoga, Fascia Yoga, Vinyasa Yoga ...



+ 1 x Blackroll workshop possible for an additional charge.

> Please find weekly programme online!



YOGA MEETS PILATES

29.05.–05.06.2022
02.10.–09.10.2022

Course instructor:
Gabi Bitzer

Posture is trained and the muscles are strengthened. You can expect exciting course content as well as the use of various auxiliary devices.

Limited number of participants. Individual coaching possible on request.



SKYOGA- POWER PLACES

WHERE NATURE BEGINS

The Tratterhof is located directly at the entrance to the car-free Altfasstal valley. This suggestive alpine valley begins a 15-minute walk from the hotel.

„ALTFASSTAL“ VALLEY

The wonderful hiking area for families & summit strikers begins at 1,590 m and stretches over approx. 5 km to the end of the valley at 1,850 m. From the Tratterhof you can reach the end of the valley in approx. 1 h 40 min.

LAKES OF „SEEFELDSEEN“

Via the end of the Altfasstal valley at 1,850 m you reach the first of the three crystal-clear Seefeldsee lakes at 2,300 m in approx. 1 h 15 min.





> Included in the hotel price.



YOGA & MENTAL COACHING

In eight years in prison in Thailand, Thai-Miki first developed various yoga exercises only for himself. Today, as a yoga teacher and mental coach, he has an extraordinary effect on his fellow human beings.



> Please find weekly programme online!

His methods, which captivate through simplicity and clarity, can be successfully applied by anyone in absolutely any situation in life.

You can learn these methods for a week together with Thai-Miki in one of the most beautiful wellness hotels in South Tyrol.

Experience how your quality of life changes and your self-love increases within a very short time.



YOGA & MENTAL COACHING

19.03.–26.03.2022

19.06.–26.06.2022

15.10.–22.10.2022

Course instructor:
Maksim Klasanovic
alias Thai-Miki

At the end of this week you will radiate self-confidence and simply have more fun in life.

Limited number
of participants.
Individual coaching
possible on request.



SKYOGA- POWER PLACES

ADMIRE 500 MOUNTAIN PEAKS WHILE DOING ASANAS
The fascinating alpine world of the South Tyrolean Dolomites in the south enchants just as much as the Pfunderer mountains/montagne di Fundres in the north. At these power spots, a 360° panoramic view is guaranteed in a light breeze.

MOUNT GITSCHBERG

Our local mountain, also called "Großer Gitsch/Great Gitsch", with its rounded peak at 2,512 m is not only unique in appearance, but also a very easy target to climb.

PEAK OF ASTJOCH

This unique vantage point at 2,194 m can be reached after a fascinating hike across Europe's longest high alpine pasture, the Rodenecker and Lüsner Alm/Alpe di Rodengo e Luson.



> Included in the hotel price.



HATHA-YOGA ACCORDING TO B.K.S. IYENGAR

Iyengar Yoga is characterized by the fact that EVERYONE, whether advanced or beginner, can practice together. With this form of yoga, Anja teaches a strength-based practice.



> Please find weekly programme online!

If you are looking for inner peace and relaxation, you want to bring your body into alignment and balance, then start the day with Iyengar Yoga!

You will mindfully practice the precise execution of the asanas, which requires physical and mental concentration, supported by various tools.

Even if you have never practised yoga before, you can embark on this path!



HATHA-YOGA ACCORDING TO B.K.S. IYENGAR

25.06.–02.07.2022

08.10.–15.10.2022

Course instructor:
Anja Bangert

Your body will be strengthened and balanced in all areas.

Limited number of participants.
Individual coaching possible on request.



SKYOGA- POWER PLACES

YOGA IN THE TERRACE HOTEL

Most of the suites at the Tratterhof have large private terraces and face south. Pure luxury in the luxury of nature. As if made for asanas.

SUNSET TRAIL

Many guests practise their asanas directly along the small hiking trail behind the hotel. The attraction of peaks such as Peitlerkofel & Co. is impressively noticeable here.

TIME WITH THE ALPACAS

You can watch the dear alpacas of the farm Hinterwalderhof grazing or go for a hike with them.



> Included in the hotel price.



LEG STRETCHES & MEDITATION

Kathrin has been teaching yoga and meditation since 2008 and leads yoga & meditation retreats across Europe. For first impressions: Spotify Podcast SELF&CALM



> Please find weekly programme online!

Two effective methods for a healthy, relaxed body and a balanced, clear mind are leg stretches and meditation.

Ancient wisdom teachings are combined here with modern biomechanical alignment principles.

During this week at the Tratterhof you will have the opportunity to gain your first or more in-depth experience of meditation.

LEG STRETCHES & MEDITATION

13.03.–20.03.2022
15.05.–22.05.2022

Course instructor:
Kathrin Rottmann

Effective and profound on body, mind and soul.

Limited number of participants.
Individual coaching possible on request.





SKYOGA IN THE SKYHOTEL

Due to its location with a breathtaking view of the Dolomites of South Tyrol and light-flooded rooms and facilities, meditation and yoga are almost subconsciously built into the DNA of the hotel.

The new Monte Silva Skyroom yoga studio (reserved for our courses) and the Technogym fitness hall offer indoors what the surrounding nature offers outdoors. The panoramic garden around the heated outdoor sports pool in the Adults Only area is an ideal place of energy for yoga and meditation.



> Included in the hotel price.



YOGA FLOW & BALANCE

Ida can count on 30 years of experience and has developed a keen sense for teaching yoga to her students in a diverse and professional way.



> Please find weekly programme online!

Immerse yourself in a world that is all about you.

Flowing and grounding elements, flow and lightness, balance and flexibility are the focus of this week.

Gentle and dynamic flows, breathing exercises and relaxation combined in wonderful sequences! Breathe, stretch, release tension.

Use this intensive time to be in harmony with body, mind and soul.



YOGA FLOW & BALANCE

11.06.–18.06.22

Course instructor:
Ida Fabritius

This event week is pure movement, change and inspiration.

Limited number of participants.
Individual coaching possible on request.



SKYOGA IN THE SKYHOTEL

Even without ever having set foot on a mat, a Yoga & Mental Resort like the Tratterhof is the ideal choice. From day to day you will notice enormous improvements, also because the individual exercises are often repeated in all courses and eventually intuitively - without being overwhelmed - become part of your new self.

During the course weeks, many a yogi friendship develops, which additionally motivates you to stick to your chosen path.

Start this life-changing journey to deceleration at the Yoga & Mental Resort Tratterhof.



> Included in the hotel price.



QIGONG

WINGS OF BALANCE
5 Elements 5 Meridian Groups

Qigong is a millennia-old art of movement that can strengthen and balance our life force.



> Please find weekly programme online!

Qigong harmonises the body, directs the look inwards and serves to heal and maintain the health of body, mind and soul.

Alexandra leads you fluently through the 5 elements metal, fire, water, earth and wood. The aim of the units is the free flow of the life energy Qi in our energy pathways - meridians.

Qigong quiets our mind, opens our heart and makes it shine.



QIGONG WINGS OF BALANCE

22.05.-29.05.2022

Course instructor:
Alexandra Baur

Qigong means energy/exercise. Gentle movements strengthen awareness of one's own body and breathing.

Limited number of participants.



BREATHING WALK WITH EVELYN

With this morning hike you start the day in the right way. Evelyn does breathing exercises with you in the nature surrounding our hotel. The junior manager of the hotel is a certified hiking guide and undertakes this walk **once a week** in summer.

You will learn how to incorporate correct breathing into everyday life.



> Included in the hotel price.



FOREST EXPERIENCE WITH ALFRED

Based on various studies, scientists have found that spending time in the forest acts like a kind of aromatherapy.



> Please find weekly programme online!

For this reason, the forest experience with Alfred is an integral part of the activity programme at the Tratterhof.

The Tratterhof has taken up the „forest experience“ with its hiking guide Alfred and offers this kind of meditative mountain experience in summer & winter

Alfred enables participants to gain an unbiased sense of the smells, sounds and impressions of the forest.



FOREST EXPERIENCE WITH ALFRED

**Weekly:
Summer & Winter**

Hiking companion:
Alfred Pabst

Calm breathing, attentive perception, quiet enjoyment and walking barefoot as well as exercises and fun while refuelling energy in the forest are the focus.



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