



AUSTRIA

YOGA & HIKING RETREAT

SEP 8-15, 2024

Join Christine for an unforgettable retreat 1330 m high in the Tyrolean Alps. You are invited to begin your day with an invigorating Vinyasa Flow class. All levels are welcome but some yoga experience is recommended. Each practice will progressively build on the previous one and you will develop strength, gain flexibility and grow your yoga practice. In the early evening you will be guided through a Yin Yoga practice which will calm your body and mind and aim to increase mobility in your body.

You can hike right outside the hotel door, enjoy a sauna, hammam or spa treatment. A “Silbercard” is included in your stay and you will have access to bus transportation anywhere in the Silberregion. Group excursions will be offered.



Cost: all prices in CAD

Double occupancy: \$2,150.-CAD per person (if you are traveling solo please note that beds cannot be separated; if you aren't comfortable sharing a European double bed then a single room would be more suitable for you. Double rooms are bigger than singles.

Single room: \$2295.-CAD

Space for this retreat is limited, reserve your spot!!

1. A non refundable \$400.-CAD deposit upon booking is required to reserve your spot **
2. 50% of the total (minus deposit) is required by Apr 8, 2024 (non refundable**)
3. Remaining balance is due 3 month prior to retreat start : June 8, 2024)

*All payments are made directly to Christine Eberle via etransfer to yogaretreatadventures@gmail.com, cash or cheque.

All fees incurred with payment are the payer's responsibility and payments are non refundable.

**The Hotel offers a cancelation fee of \$55.- (non refundable) on top or the total price should you need to cancel due to an emergency, illness or force majeure for a full refund minus this 55.- Cad fee and non refundable 400.- CAD deposit. Please advise if you'd like to take advantage of this option.

Included:

Accommodations
Sauna/Hammam
3 meals
Bathrobes
Yoga classes
Yoga mats

Not included:

Flights
Transfer from train station to hotel
Travel Insurance
Alcoholic beverages
Massages

What to bring:

Hiking boots/shoes
Yoga clothes
Yoga mat (if you prefer your own -)
Bathing suit for the outdoor pool

Venue



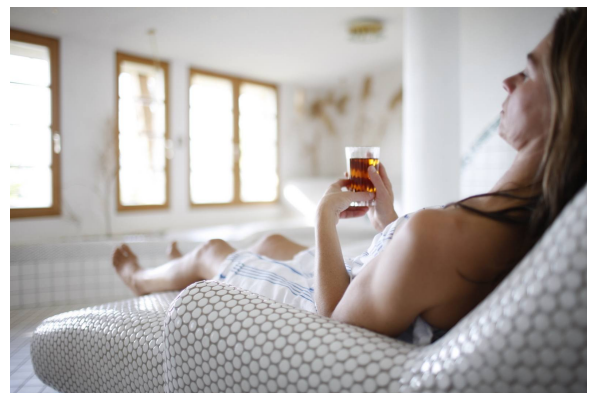
Peacefully located, **Biohotel Grafenast** is an environmentally friendly hotel with a panoramic view of the Tyrolean Alps. Only organic products, including textiles and washing powder made from organic products, are used.

The Panorama Spa offers a wide range of wellness facilities. Massages, beauty treatments and Ayurveda are also offered. A unique sauna hut in the forest is featured as well.

Meals

The restaurant serves traditional tyrolean dishes and modern gourmet cuisine. All dishes are prepared with healthy, organic products. Special diet menus are available on request.

After our morning yoga practice we will enjoy a scrumptious breakfast buffet, there will be a Midday Snack and in the evening we will experience a 3-4 course dinner together. Ingredients are regionally and seasonally sourced.



Yoga Classes

There will be a vinyasa style practice in the morning and a calming yin class in the evenings. On an excursion day we may alter this schedule slightly. All levels are welcome and modifications will be given. Props are available. Some yoga experience is recommended.



Karwendel Silber Region

How to get there:

International travellers would fly into **Munich** or **Innsbruck**.

From **Munich**:

You would take the train from the airport, change trains at Munich Main Station and travel to **Jenbach**. Depending on when you travel you may have to change trains again but there are plenty for connections with only the one transfer.

From **Jenbach Station** there is public transportation or *taxi service which will be arranged for you according to your arrival time if you so wish*. The hotel will take care of 50% of the taxi cost (cost to you will be approx 25-30 Euro per 4 person taxi)

From **Innsbruck**:

There are several direct trains (26min) from Innsbruck to Schwaz. From **Schwaz Station** there is public transportation or *taxi service which will be arranged for you according to your arrival time if you so wish*. The hotel will take care of 50% of the taxi cost (cost to you will be approx 25-30 Euro per 4 person taxi)

SILBERCARD Plus

Included in your stay you will receive the Silvercard Plus which will give you access to public bus service, sightseeing bus and discounted entry to certain attractions.

Download the app: Silberregion Karwendel

Excursions/Hiking

There are several hiking trail accessible right from the hotel. Maps are available and I will offer some group hikes. We will also be going to **Eng Alm** where we will visit a local cheese maker and explore the town. There are many more options like visiting the monastery in Schwaz, a Silvermine or Tratzberg Castle. I will plan these excursions locally/ some will be accessible by Silbercard, some may require *additional transportation cost and are optional and at participants' discretion*.

Christine Eberle

Originally from Germany, Christine lives in Canada and has been teaching yoga since 2006. She has taken several teacher trainings (Vinyasa/Power/Yin Yoga) and many continuing education studies and has a deep understanding of the struggles students may face in class and she hopes to help them break through their edge, grow and feel empowered by trying new things. Her classes are challenging yet light hearted and infused with humour and possibly a very slight German accent. She has previously lead retreats in Central America and Europe. This retreat will be held in English. Christine grew up in Germany not far from where this retreat will be held - you will be in good hands!



Christine is grateful to her many amazing teachers: Michelle Cormack /Shiva Rea/Shawn Corne (Vinyasa Flow), Kinndli McCollum/Baron Baptiste (Power Yoga), Hart Lazer /Ramanand Patel (Iyengar (alignment based) Yoga), Bernie Clark/Diana Batts, Annie Au (Yin Yoga) and more ♥

Everyone and every level is welcome !

To find our more please got to www.christineeberleyoga.com