



Surviving my Soul



European Ayurveda Resort
Sonnhof Tirol



A life-
changing
stay.

Are you ready?

DEAR AYURVEDA FANS AND SONNHOF GUESTS,

Being at one with ourselves, able to perceive our innermost needs and desires, immersed in the here and now: this is what contemporary society craves. Values that may have faded into obscurity but are now desired more than ever. European Ayurveda® allows us to offer tools and inspiration that help you find your centre and return to a harmonious way of life. **Being in the moment, enjoying life and consciously learning to allow your inner self to shine.**

We created the European Ayurveda Resort Sonnhof on the high plateau of the Thiersee Valley: a special place of harmony. It's been 19 years since the idea was born; 13 since we realised it. And we have been continuously developing it ever since. European Ayurveda® uniquely integrates the Indian philosophy of life with a distinctly European approach. We combine ancient European knowledge with Ayurvedic philosophy – complementary medicine with Ayurvedic and conventional medicine. We develop concepts, retreats, programmes and treatments tailored to meet the needs, desires, problems and lifestyle diseases of modern Western society. Holistic, sustainable and to your taste.

BRAND NEWS: In 2019, we were awarded both the **SPA Star Award** for the best spa concept and the **World Luxury Spa Award** for being the best Luxury Ayurveda Spa in Europe. We are so grateful for the wonderful accolades!

Join us in forging new paths towards happiness, wellbeing and serenity. Find yourself, be happy, stay healthy.

Building a new world.



Elisabeth Mauracher,
Managing Director

Johann Mauracher (Snr.),
CEO





CONTENTS

World of European Ayurveda®	6 – 9
Resort overview	10 – 11
Tirol meets India	12 – 13
The Garden of Five Elements	14 – 15
A story of love and life	16 – 17
Consultation and treatment	18
Dosha balance	19
Traditional pulse diagnosis	20 – 21
Ayurveda PLUS	22 – 23
Ayurvedic nutrition	24
Food for thought	25
From farm to heart	26 – 27
Energy Healing Retreat	28 – 29
Yoga and meditation	30
SONNHOF Spirit Yoga®	31
Yoga and Mind Detox programme	32 – 33
Authenticity and expertise	34 – 35
Panchakarma – the queen of Ayurvedic treatments	36 – 41
AyurDetox	42 – 43
Regeneration programmes	44 – 45
Ayurvedic massages	46 – 49
Classic treatments	50 – 51
Beauty treatments	52 – 55
Ayurveda programmes	56 – 57
Ayurveda offers	58 – 59
Rooms and rates	62 – 63
General information	64
Hotel ALPENrose Kufstein	65
European Ayurveda Resort Mandira	66 – 67



Together
we build
a new world

A WORLD OF EUROPEAN AYURVEDA®

European and Indian everyday life differ greatly. Diets and readily available, natural foods are equally dissimilar. 'Over the years we have gathered a huge amount of experience in the effects of Ayurvedic treatments and nutrition within a European cultural setting. This has helped us develop new methods and formulations, as well

as combinations with other healing and therapeutic methods. All are tailored to suit the needs, constitution and problems of Western society and assist you in the quest for your centre, a new awareness of life and a joyful balance of mind, spirit and body.'



Sunrising my Soul

The promise

Know-how, quality and assurance



The products, recipes and therapies offered by European Ayurveda® have been developed, carefully tested, verified and selected by and with the help of experts. We express our quality standards and assurance with our seal: Certified by European Ayurveda®.

Your and our mantra

'I do feel really good'

We are convinced that in order to be a force for good to others, we need to feel good. Every guest is enveloped in the energy and devotion that pervades our European Ayurveda Resort. 'I do feel really good' is our essential message whose positive force touches our thoughts and feelings, representing the beginning of transformation and paving the way towards being.

Your objective

Sunrising my Soul

All growing things are suffused by the sun's subtle energy, Prana – the vital energy. When we are centred, when our Doshas, spirit, body and mind are in balance, Prana spreads throughout our being. European Ayurveda® helps us find inner balance, draw energy and unfold our Prana in its full radiance.

The brand

European Ayurveda® is a registered international trademark. With our own European Ayurvedic farm, European Ayurveda® cuisine, specially developed products, methods and treatments, the concept of European Ayurveda® continues to evolve.



World of
European Ayurveda

The foundations

The six pillars of European Ayurveda®



Consultation and treatment

Complementary medicine, Ayurvedic expertise and TCM

Pulse diagnosis is an essential component of European Ayurveda® and many of our treatments. It forms the basis on which our team of experts design your tailor-made treatment plan. We also offer additional complementary diagnostic and treatment methods as well as Traditional Chinese Medicine (TCM).



Ayurvedic nutrition

One man's meat is another man's poison

We use Indian and native herbs and regionally sourced produce to make the healthy, Dosha-supporting vegetarian dishes that form the basis of European Ayurveda® cuisine. Basic ingredients are grown by our own farm or in the immediate vicinity, so they strain neither the environment nor our systems. Guests who follow a treatment programme receive a compatible nutrition plan.



Healing spirit

In harmony with yourself – mindfulness and psychology

Who am I? What fulfils me? What makes me happy? Is my life a conscious life in which my needs and purpose are served? European Ayurveda® is designed to help you navigate your journey through life autonomously and with mindfulness. From mind detoxing to Shamanic coaching, personalised support on an emotional and psychological level offers clarity and freedom.



Yoga and meditation

Mind, spirit and body in balance

Yoga harmonises mind, body and spirit as well as balancing the breath and bodily functions. The practice unites external and internal perception, providing relaxation. Meditation brings about a clearer view of creation and existence – away from externalities and negative energies and towards the true self and its real needs.



Medical care

Conventional medical diagnostics and treatments

If required, we can expand the therapeutic spectrum with the addition of patient-friendly conventional medical measures. We can provide medical check-ups, GP services, diagnostic equipment, laboratory testing and emergency medical care. European Ayurveda® also relies on the expertise of far-sighted conventional physicians.



Exercise and regeneration

For a balanced life

A healthy mind can only live in a healthy body. Exercise makes a significant contribution to our wellbeing. The right level of relaxation and exercise forms the basis for a life in balance. We promote this with our varied indoor and outdoor activity programme. Experienced, professional instructors will help you do your best workout for you.



RESORT OVERVIEW

Accommodation

30 rooms and suites

Public rooms and restaurants

The **Spirit Lounge** is dedicated to the planets and elements. Each day, this special retreat is bathed in a different coloured light, in tune with one of the body's Chakras. This is where our guests sample Ayurvedic teas at the tea bar and delight in the all-pervading sense of healing harmony. The oak floor was made using reclaimed wood from ancient barns, and creates a pleasing, down-to-earth juxtaposition to the vibrancy of our joyful Indian theme. The **Anapurna buffet** is where breakfast and afternoon snacks are served.





European Ayurveda Resort Sonnhof Tirol



Now even more sustainable

GeoWave®

As your health is our top priority, we make every effort to ensure the Sonnhof is and remains a source of strength and energy – especially in the age of 5G. GeoWave®

- promotes restful, uninterrupted sleep
- improves concentration
- reduces stress
- speeds up recovery
- enhances physical performance in sport
- leads to faster regeneration
- has anti-ageing effects

Mostly chemical-free cleaning

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

Buddha's Place

The restaurant has also been fitted with a solid oak floor and connects to the Spirit Lounge, thus creating a unity with the **Indra Garden**, a conservatory dedicated to the Indian god of war, thunder and rain.

Underground car park

with 40 spaces – included in the room rate

Ayurveda Shop

Ayurveda gifts and at home





TIROL MEETS INDIA

In Ayurvedic philosophy, the body is the temple that houses our spirit. We wanted to reflect this concept architecturally in the Ayurveda Spa's rooms. Tirol meets India is the idea at the heart of our design concept for the Ayurveda Spa where materials, colours and fragrances from both worlds find unity. All your senses are soothed in the serene atmosphere, while revitalising fragrances, peaceful sounds, and a deep connection with the elements provide gentle stimulation.

Shiva and Shakti set the tone

Shiva and Shakti, the masculine and feminine principles: these divine powers complement and balance each other in complete harmony, guiding you along a journey through our world of wellbeing, helping you reconnect with your true self.

Info

Saunas daily
10am – 7pm

Indoor pool daily
7.30am – 7.30pm

The Ayurveda Spa

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



SUN SAUNA: The pleasing scent of honey and profound power of onyx combine to boost your confidence and vital energy at 60°C.



MOON SAUNA: Enveloped by herbal scents and soothing darkness, shut your eyes and relax ever more deeply at 50°C.



GARDEN OF FIVE ELEMENTS

Places of spiritual energy are special locations of concentrated energy and comparable to acupuncture points on the human body. We named the Garden of Five Elements after Shiva and Shakti, as it was designed in line with ancient Indian Vastu Shasta teachings as well as the principle of the five elements.



The rose garden – portal to the path of the heart

The roses that grow across this area represent unconditional love – pain dissolves and our consciousness of love expands.

Ganesha (elephant god) and Buddha

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

Shakti Yoga platform

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

Chakra spaces

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

Place of bliss

A tranquil place of harmonious unity.

Place of the Buddha and compassion

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

Bird table

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

Natural pond

Water, the source of life and deep tranquillity.

Retreats of quiet meditation

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

Feel inspired

A STORY OF LOVE AND LIFE

Our history and experiences shape us in ways that can be trivial or meaningful. They are part of our life, what makes it so exciting. We take the rough with the smooth... eventually, hopefully, stumbling across a path that brings us back to our true selves.

Exit from normal

In 1987, Brigitte and Johann Mauracher purchase the Sonnhof, a traditional guest house. Four years later, the seed of change germinates and, by 1992, the guest house has been transformed into a 15-room hotel. Brigitte Mauracher, however, wants more. She yearns to create a sustainable place of spiritual energy for her guests. In 2005, they have their lightbulb moment: Ayurveda! They will need wisdom to broach this new path – as well as their proven gift for hotel management. And so the whole family sets off to pastures new.

'It's now or never!'

In 2006, the idea takes shape in the form of 15 new rooms plus the Ayurveda Spa with a Yoga room, massage rooms, medical consulting room and sauna area. It's the start of a new life. With new guests, a new team and a new philosophy. Elisabeth and Christina Mauracher are part of it

from the beginning – as is Ayurvedic physician Gaurav Sharma. An extraordinary place with a palpable energy comes to be here in Hinterthiersee – just as Brigitte had wished: the Ayurveda Resort Sonnhof.

A star rises

In 2010, some of the rooms are redecorated and then there's the major refurbishment in 2012. Alterations are made to the main building, and new restaurant and reception areas are created. The Garden of Five Elements and the underground car park are the crowning accomplishments of this construction phase. During all the structural upheaval, the Mauracher family achieve a breakthrough with their new European Ayurveda® concept. Pictures of the Ayurveda Resort Sonnhof go around the world, guests from abroad start to come, European Ayurveda® seems to be on everyone's lips.



The pioneer of European Ayurveda®



The mastermind and pioneer of European Ayurveda® was Brigitte Mauracher, our wife and mother who is always in our hearts; with every step we take. Brought up in a nature-loving family, Brigitte's interest in native medicinal herbs and their effects began when she was a child. She developed an interest in Ayurveda around 18 years ago, and eventually became a devoted enthusiast of this holistic form of healing. Brigitte Mauracher thought that as we were born in Europe, 'we should work with the home-grown treasures that nature has given us.' It is her determined spirit, relentless energy and spiritual affinity with nature which made her the pioneer of European Ayurveda® she became!

Green treasures rediscovered

In 2016, the purchase of the Lindhof represents another step in the right direction. A beautiful farm in a beautiful location. Tirolean and Vedic roots are further interconnected, Tirolean and Indian traditions harmonised.

Our new path through life: Ayurveda

Change it

In 2006, we changed. We let go of anything that was inconsistent with our new project. We dived into the world of a huge, magical philosophy which allows us to ask, 'How are you today?' A question we often ask casually and is answered with equal triviality. Behind the façade, however, things can often be quite different. There are times when we need to free ourselves and let go of the familiar so that we can make changes and come to love something new. For us, Ayurveda is a philosophy of life that guides our attitude towards the positive. Ayurveda helps us to

reconnect body, mind and spirit. Teaching us to be centred and to develop our potential during all of life's highs and lows – because the unexpected is often just around the corner. That's what happened to us: our mother's illness hit us like a bolt out of the blue. At this moment there seemed no way forward – the world stopped.

Love it

At this crossroads in our life, Ayurvedic philosophy proved its worth. The essentials took centre stage. We learnt to appreciate good health, life, our friends. When we're asked, 'Why Ayurveda?' we answer that when you are unwell, uncentred, life passes you by – and it's your only life. Use it. Now. Look after yourself and enjoy life fully. So, invest in your health, in life and in experiences. **Live your life and shine on!**



Consultation and treatment

Complementary medicine,
Ayurvedic expertise and TCM

Why roam far when goodness is so near?

High temperatures, humidity, long flights, interminable car journeys, jet lag, unfamiliar food, problems communicating... Long-distance travel is physically challenging and stressful, but to activate our self-healing powers and bring about positive changes we need inner balance and rest. In creating European Ayurveda®, we fine-tuned the ancient Indian system of knowledge to fit our European culture, tastes, needs and lifestyle and developed appropriate treatment methods. Here in Hinterthiersee, regeneration begins the moment you arrive. No need for long-haul journeys. Plus, our guests enjoy the wonderful Alpine countryside that's all around us.

EARTH



WATER



FIRE



AIR



ETHER/SPACE



DOSHA BALANCE

Ayurveda's complex diagnostic and therapeutic model is based on the mixture of life forces or Doshas – Vata, Pitta and Kapha – that are present in the body. In part, the ratio of these three life forces is determined at birth. When the Doshas are out of kilter, we become ill. A healthy person's ratio of life forces, on the other hand, is balanced. The Doshas and their proportions characterise our physical, mental and emotional qualities.

Vata types weigh little, and are slender, flexible and always in motion. They are quick thinkers who forget easily and often react anxiously.

Pitta types are of medium build, agile and good decision-makers. They are born leaders but easily lose their composure and are prone to anger.

Kapha types are heavysset and take things with composure. Kapha types stay calm in stressful situations. Their outstanding characteristics are patience and gentleness.

Tip

We have a lovely online shop!

Sonnhof Ayurveda shop: live well!

Body, soul and spirit in harmony: this is the essential principle of Ayurveda. Originating in India several millennia ago, the holistic concept embraces nutrition, body care and Yoga to balance the body. Our Ayurveda shop offers a wide range of products for a holistic lifestyle based on Ayurvedic teaching.



TRADITIONAL PULSE DIAGNOSIS

According to Ayurvedic medicine, the ratio of the three Doshas determines how healthy we are. Pulse diagnosis is therefore used to determine a patient's Dosha combination by applying index, middle and ring fingers to the inside of each wrist to feel the pulse with varying amounts of pressure. In addition to a detailed analysis of dietary habits, digestion, sleep behaviour and general way of life, pulse diagnosis provides information about the condition of and interaction between a patient's body, mind and emotions. Disturbances help the practitioner draw conclusions about the person's health. All the information gained in this way enables the practitioner to categorise a person as


a Vata, Pitta or Kapha constitutional type and to draw up an appropriate personalised treatment and nutrition programme. Pulse diagnosis is an essential component and foundation of many Ayurvedic treatments and is carried out by our qualified Ayurvedic consultant physicians Gaurav Sharma and Rajat Vashisht as well as our Ayurveda specialist Malini Häuslmaier.

PULSE DIAGNOSIS available on request

50 mins **€160**

'Nowadays, we see far more Vata types, i.e. people who are constantly in motion, as well as anger-prone Pitta types. This is due to the extreme hustle and bustle of everyday life plus the effect of global warming.'

Gaurav Sharma, Ayurvedic physician



Gaurav Sharma,
Ayurvedic physician

Rajat Vashisht,
Ayurvedic physician

AYURVEDA PLUS

Whether it's for a detox, weight loss, to remedy metabolic disorders or boost the immune system after illness: the combination of Ayurveda and complementary medical methods deepens the healing process, leading to inner calm and supporting self-awareness. Our Ayurveda PLUS treatments were developed by conventional GP and naturopath Dr Alaettin Sinop. Drawing on different schools of healing, he combines them into effective treatment methods exclusive to the European Ayurveda Resort Sonnhof, and specially devised to target Western lifestyle ailments.



Indications for Ayurveda PLUS

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

Ayurveda PLUS acupuncture

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

Ayurveda PLUS neurocybernetic massage therapy/HNC

Neurocybernetic massage therapy:

- kinesiologically assesses systemic disturbances
- releases hidden blockages and distortions
- stimulates the elimination of toxins (drugs, vaccines, anaesthetics etc.)
- locates and disengages stressors that cause functional blockages
- triggers emotional resolution

The treatment provides a physical and emotional 'reset' which enriches the effect of our Ayurvedic treatment programmes.

Ayurveda PLUS

Dr Alaettin Sinop – treatments

CONSULTATION

Consultation (if necessary incl. physical examination): 30 mins **€138**

BODY ACUPUNCTURE

Including auriculotherapy (ear acupuncture): 30 mins **€138** (incl. brief initial consultation, pulse and tongue diagnosis)

NEUROCYBERNETIC MASSAGE THERAPY/HNC */**

Full session: 50 mins **€197**

*Initial treatment only available in combination with a consultation (15 mins/€53) **We recommend two sessions to achieve a base level of improvement.

For spine and joints

AYURVEDA PLUS INTENSE

10 nights, 9 treatment days

- ⊙ Consultation with Ayurveda specialists
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Fortifying tonic
- ⊙ The following 15 treatments, tailored to suit your personal medical history:
 - 2 acupuncture treatments by Dr Alaettin Sinop
 - 2 Abhyanga – Ayurvedic full body oil massages
 - Vishesh – energy massage
 - Jambira Pinda Sveda – bag massage
 - 2 acupressure meridian massages
 - Shirodhara – flowing oil treatment
 - Udanavata[®] – abdominal massage
 - Khadi Basti – oil treatment for the back
 - Padabhyanga – Ayurvedic foot massage
 - Neurocybernetic massage therapy/HNC
 - Udvartana – herbal powder massage
 - Prista – back treatment
 - Gamathi[®] – European Ayurveda[®] leg treatment
 - Back massage (30 mins)
- ⊙ Swedana – heat therapy
- ⊙ Hot water and ginger drinking treatment
- ⊙ Herbs for the duration of your stay
- ⊙ Ayurvedic diet tailored to your needs and constitution throughout your stay
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa

€2,355 per person excl. accommodation





Ayurvedic nutrition

One man's meat is another man's poison

You are what you eat

What should guide our nutrition? The soil on which we were raised. And our gut feeling. The body is better and faster at absorbing the information provided by foods and herbs that have been grown on home soil. We also need to heed our bodies' signals such as satiety. We learn to do this by conscious eating; without distraction, intentionally focusing on taste and smell, chewing carefully and taking our time. This is why we combine the traditional healing of Ayurvedic nutrition with our native herbs and foods – the sheer luxury of conscious eating makes food more wholesome and effective as well as being a great pleasure.

NUTRITION – RESPONSIVE, WHOLESOME, CONSCIOUS

Nutrition is one of the three pillars of European Ayurveda®. Not just for sustenance, as food and herbs also have healing properties.

All food grown in Europe contains active ingredients that suit European living conditions. To ensure that Ayurvedic nutrition is gently and easily processed by our bodies, European Ayurveda® has developed its own recipes based on local foods and herbs. Nettles, for instance, are anti-inflammatory and contain valuable minerals, fibre, trace elements, chlorophyll, enzymes, vitamin C, phytochemicals and essential amino acids. Nettles detoxify, deacidify, act as a diuretic, cleanse the blood, kidneys, intestines, liver and skin and make great tea as well as scrumptious pesto. Other phytochemicals activate digestion, making food easier to digest and preventing obesity.

Vegetarian cuisine

In order to go as easy on the digestive tract as possible, the European Ayurveda® Resort Sonnhof serves vegetarian food. Naturally, we can also provide vegan food on request. **Enjoy the variety!**



European Ayurveda® – Sonnhof Signature Cuisine full board

Breakfast

Generous breakfast buffet with regional and Ayurvedic specialities

Lunch

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

In the afternoon

Vata snacks with tea ceremony and healthy delights

Dinner

Euro-Ayurvedic tridoshic menu – suitable for every Dosha type – with three main courses to choose from (Ayurvedic, fish or vegan)

All meals are included in the European Ayurveda® Signature Cuisine full board

Treatment programme meals

Our Ayurveda specialists provide guests on treatment programmes with detailed meal guidelines.



European Ayurveda Resort
Lindhof Tirol

FROM FARM TO HEART

A 250-year-old, revitalising place – in so many ways. The Lindhof European Ayurveda® farm in Thiersee is just a few minutes from the Sonnhof and joined the European Ayurveda® family in 2016. Johann Mauracher fulfilled a lifelong dream – and took another step in the evolution of European Ayurveda®.

Growing sustainably

Sustainable, organic farming, heritage varieties and, of course, species-appropriate, caring animal husbandry. 'At the Lindhof, we analyse traditional farming methods that allow our native and rediscovered plants to thrive and be fully effective. This enriches European Ayurveda®, but also makes a valuable contribution to the local agriculture and biodiversity.'

Holistic health

The Lindhof is a place of spiritual energy that frees the mind and restores balance to body and spirit. The Sonnhof's hotel and day guests can all enjoy the opportunity of discovering the natural cycles and traditional farm life as they slow down and 'acquire a taste for natural tastes'.

www.lindhof-tirol.at





*'European Ayurveda® is our way of bringing back knowledge about
and restoring our own awareness of health and wellbeing.'*

Johann Mauracher



ENERGY HEALING RETREAT

Happy – No Matter What

Being in harmony with yourself, perceiving and realising your purpose in life, experiencing inner peace – regardless of what is going on externally: the Energy Healing Retreat combines the Fountain of Youth rejuvenation package with Shamanic coaching units designed to guide body, mind and spirit in the direction of gratitude and deep joy.

Module 1: Current status. Where do I stand now? What would I like to achieve in life?

Module 2: The medicine wheel. What is my life theme? What is my purpose? What do I need to do to achieve self-realisation?

Module 3: What are the physical, energetic and mental blockages or energetic clusters standing in the way of achieving my life goals? How can I resolve them?

Module 4: Experiencing my own authority free from the doubting mind and ready to follow my inner wisdom. Experiencing infinite gratitude and joy in harmony with the spirit.

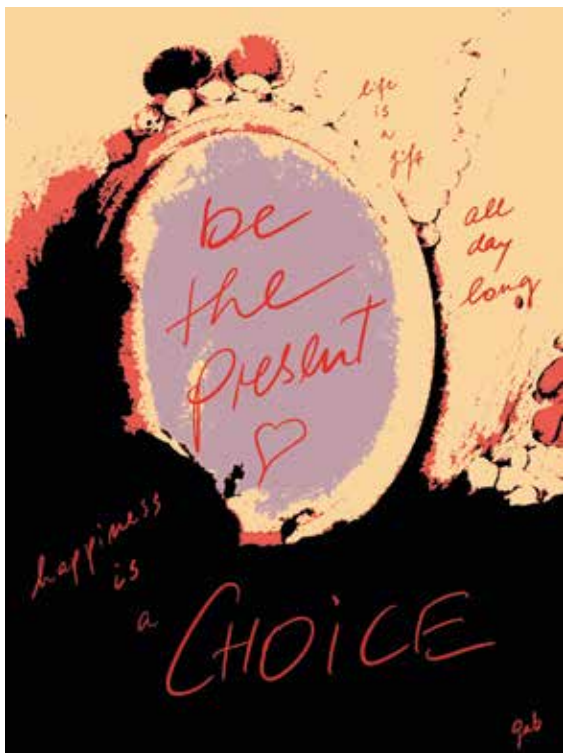
Plus: Concluding ritual of release and mental adjustment to the new!



GABRIELLE SCHARNITZKY

At the age of 15, Gabrielle had a serious accident – an event that was to change and shape her life. Her journey began: she studied acting in New York before gaining admission as a Shaman of the Native American Seneca people and then went on to qualify in consciousness training and transformation coaching, Energy Medicine healing, Sedona Method and Tao Hands healing. Also known as an actress, her objective is to teach people to heal themselves.

‘When we forget to listen to our internal navigation system we lose ourselves in the truths of others. And our reaction is fight, flight or paralysis, when what we really need to do is experience our own needs and act accordingly’, Gabrielle Scharnitzky – a Shamanic consciousness and transformation coach – knows this from her 20 years of practice. In four coaching sessions, each lasting 2.5 hours, you’ll learn to encounter your true, inner self and discover the internal compass that will lead you to self-responsibility, self-love and fulfilment.



Photos: GAB's Soul Art

Tip

Add a one-to-one coaching session to your booking!

One-to-one coaching: resolve deep-seated emotional blocks with an intensive hour-long session that raises awareness of behavioural patterns and belief systems, helping you let go of their effects on mind, body and soul with the help of integration techniques. Towards a new positive attitude to life and energy.

Optional: One-to-one coaching session **€270** (60 mins). Package rates may be available.

ENERGY HEALING RETREAT

17.04 – 27.04, 22.05 – 01.06, 11.10 – 21.10.2020
 in combination with our Fountain of Youth rejuvenation package.

- ☉ 4 x Shamanic coaching sessions (4 hours each)
- ☉ Consultation and pulse diagnosis with Ayurveda specialists
- ☉ Nutrition and lifestyle coaching
- ☉ 2 Abhyanga – Ayurvedic full body oil massages
- ☉ Vishesh – energy massage
- ☉ Udanavata® – abdominal massage
- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Padabhyanga – Ayurvedic foot massage
- ☉ Shirodhara – flowing oil treatment
- ☉ Prista – back treatment
- ☉ Udvartana – herbal powder massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€2,547 per person excl. accommodation

ENERGY HEALING PACKAGE

(4 x 4 hours Shamanic coaching sessions):
€1,500 per person excl. accommodation



Yoga and meditation

What can Yoga and meditation do for you?

As well as enhancing physical strength, flexibility and stamina, they address issues at the level of the mind. Being in the moment, enjoying and living consciously, balancing body, mind and spirit are the great challenges in our stress-stricken and results-oriented society – and the objective which is met by Yoga and meditation. You are what you think you are.



SONNHOF SPIRIT YOGA®

Harmonise body, mind and spirit with the breath and physical postures, find stillness, and learn to recognise your needs:

Spirit Yoga® is more than just exercise, it is a healing and meditative journey towards your true self. This style of Yoga helps people detach from the stresses of everyday life and focus on the here and now. Spirit Yoga® can be practised by anyone regardless of age and previous experience.

Tip

Just 10 daily minutes of Yoga result in greater body awareness and helps us become more emotionally centred.

Daily Yoga or meditation

Daily Yoga classes or meditation programmes are available to all the resort's guests, ranging from Hatha to Yin and Flow Yoga.

Yoga weeks and specials

We run Yoga weeks, retreats and specials throughout the year. These are conducted by our own Yoga experts as well as highly respected teachers with whom we have long-standing relationships. Please visit our website for dates, information and our calendar of events.

YOGA AND MIND DETOX PROGRAMME

YOGA FOR STRENGTH AND FLEXIBILITY WITH MARGIT

Yoga helps to calm our minds. Whatever the situation, the practice of Yoga supports us in reconnecting with our bodies and bringing awareness to our actions and being. Strength and flexibility are two qualities that help us ride out life's storms with equanimity.

Special Yoga session 55 mins **€89**

ONE-TO-ONE MIND DETOX COACHING WITH ELISABETH

As an expert in Mind Detox and spirituality, my aim is to support people in developing a respectful relationship with themselves, learning to love themselves again and recognising their own strengths. One-to-one Mind Detox coaching helps the development of potential through meditation, mental exercises, Yoga, breathwork and energetic exercises – and thus makes life and work happier and more successful. I help people to let go of their fears, become more self-confident, resolve mental blocks and follow their dreams.

Coaching session (60 mins) **€135**
(only available in German)

MIND AND LIFESTYLE COACHING WITH MALINI

As a Mind Detox and consciousness development expert, I care about supporting people professionally to resolve mental blocks, handle fears constructively and boost confidence using simple exercises and practical suggestions. The energy released can then be used to realise objectives and create a happy, fulfilled life.

Coaching session 55 mins **€135**

In
German &
English

YOGA WITH CAROLINE

Caroline is a qualified Hatha Yoga teacher and Vedic Master (The Chopra Center, USA). She taught in her own fitness and Yoga studio, and one of the foundations of her classes is The Seven Spiritual Laws of Yoga by Deepak Chopra and David Simon.

☉ The Seven Spiritual Laws of Yoga

In this lesson, immerse yourself in the seven spiritual laws of success, a carefully chosen selection of Asanas (postures), Pranayama (breathing exercises), Bandhas (body locks), and the sun salutation.

☉ Yin Yoga

A slow-paced form of Yoga with asanas that are held for three to seven minutes. This strengthens the deep connective tissue, or fascia, stretches muscles, ligaments and tendons and increases flexibility.

☉ Yoga Nidra

This Yoga technique zeros in on the deepest layers of consciousness. By being deeply relaxed while maintaining full consciousness we reach a psychological state of sleep. A restorative practice for body, mind and spirit that promotes creativity and strengthens the immune system.

☉ Chakra Yoga

This Yoga style focuses on the Chakras, our energy centres which are activated and balanced by this practice, enabling us to utilise their powers.

Your choice of special Yoga session 55 mins **€89**

'Health is more than the absence of disease. If, physically, mentally, emotionally and spiritually, you feel that you are in your natural and social environment, then you are healthy.'

Deepak Chopra



PRIMORDIAL SOUND MEDITATION COURSE WITH CAROLINE

Caroline is a qualified primordial sound meditation teacher. Experience her deep bond with primordial sound meditation and its positive effects in her meditation classes. During this course, you have only one task: to feel at ease. Because only then can life develop naturally.

- © **Session 1:** What is primordial sound meditation and how do I choose my personal primordial sound?
- © **Session 2:** Presentation of primordial sound with ceremony and meditation – receive your personal Mantra
- © **Session 3:** The meaning of the primordial sound and recommendations for a fulfilled, life-long meditation practice
- © **Session 4:** I am the universe – achieving new states of consciousness with a regular meditation practice

3.5 hours (over 1 or 2 days) incl. workbook

€395 Course available on request

QIGONG WITH MICHAEL

The meaning of the word Qi equates to something like 'life energy', while Gong is often translated as 'work' or 'skill'. We like to think of Qigong as describing a system that works with vital energy and gives us the skill to deal with it wisely. Qigong is helpful for weight reduction and in cases of migraine, insomnia, headaches and asthma. The aim is to get a sense of the body, mind and spirit in unity.

Qigong session 55 mins **€89**

FASCIA TRAINING WITH ELLI

Do you suffer from back pain and tension, and seek to improve mobility or the way you feel physically? Blackroll® fascia training is a great way to exercise and turn your weakness points into strength.

Fascia training session 55 mins **€89**



Surviving my Soul



AUTHENTICITY AND EXPERTISE

Our SONNHOF team of experts

Thanks to our robust knowledge as well as specialists from India, experienced physician and the Sonnhof team of experts, we can integrate Ayurveda's holistic approach into our own way of life.

ELISABETH MAURACHER
General & Development Manager

European Ayurveda®

- Mind Detox instructor
- Training to be an Ayurvedic emotional health counsellor
- Yoga Alliance-certified Yoga teacher
- Passionate about Flow Yoga, somatic Yoga, consciousness training and meditation



MALINI HÄUSLMAIER
Nutrition, lifestyle and everyday life choices

- Traditional Ayurveda specialist, trained in India
- Practice experience gained at a number of Ayurvedic centres in India
- Psychotherapist and mental coach



GAURAV SHARMA
Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician (Indian Bachelor of Ayurveda, Medicine and Surgery, BAMS)
- State-certified Ayurvedic practitioner



DR ALAETTIN SINOP
Naturopathic services:

- Acupuncture/TCM
- Ayurvedic medicine and consultations
- Pulse diagnosis
- Manual medicine/ chirotherapy
- Neural therapy/homeosiniatry
- Neurocybernetic massage therapy/HNC



RAJAT VASHISHT
Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician, BAMS
- State-certified Ayurveda practitioner



Conventional medical services:

- General medicine/emergency medical care
- Medical check-up
- Non-invasive diagnostic methods (sonography, ECG)
- Laboratory testing GP and specialist in naturopathic medicine

SARAH SCHURIAN-BERGMEISTER
Ayurveda specialist, organisation and treatment support

- Naturopath
- Psychoenergetic kinesiologist



CHRISTINE SCHNEIDER
Feel-good assistant

- Assistant and organiser to the Ayurveda specialists
- Currently studying to become an Ayurvedic specialist



SONJA SCHWAIGER
Feel-good assistant

- Assistant and organiser to the Ayurveda specialists
- Currently studying to become an Ayurvedic specialist





PANCHAKARMA – THE QUEEN OF AYURVEDIC TREATMENTS

Physical, mental and spiritual cleansing

Does this sound familiar: You feel like you're only just coping – and ideas like quality of life and fulfilment seem a distant dream. Your health is suffering, too. Find your way back to your centre with Panchakarma.

We don't always know what's good for us – we've forgotten how to listen to our senses and tend to blindly follow every promising health trend. The Panchakarma treatment programmes and European Ayurveda® help you get back on track – towards a healthy life.

Less stress

You feel tired and depleted, stressed, restless and all at sea. Your heart rate is too high, and you are frequently ill. If this sounds familiar, it's high time you did something for yourself and for your health. Take the first step into your new life and towards a more mindful approach to yourself, your needs, your potential, and your centre.

We provide the possibility of new, fulfilling life paths with our offers and programmes, and especially with our Panchakarma treatments.

Physical cleansing

For thousands of years, many cultures have relied on regular detoxification to maintain good health. Despite regularly expelling toxins through our stool, urine and sweat, over time harmful substances accumulate in the body. Factors including diet, lifestyle and climate affect the body's natural equilibrium and create a breeding ground for a range of diseases. Colonic cleansing is therefore an important segment of a Panchakarma treatment programme. 80% of our immune system is located in the gut, where food is broken down for use by the body. The gut also has a close relationship with our psyche.

A man with short brown hair is lying on his back, eyes closed, with a golden bowl suspended above his head. The bowl is tilted, and a stream of golden liquid is pouring out of its spout onto the man's forehead. The background is a deep red wall with some white bokeh light effects. The text 'Find your balance' is written in a white, cursive font across the upper part of the image.

*Find
your
balance*



Mental and spiritual cleansing

Stress doesn't just affect us on a physical level. Over long periods, negative feelings such as anger, sadness, jealousy or feelings of inferiority become emotional as well as physical toxins. In European Ayurveda® all aspects of the person are considered and treated – the same is true of the Panchakarma treatment programmes: in addition to physical cleansing, mind and spirit are purified with daily Yoga, Mind Detox and meditation sessions to initiate change at every level.

Panchakarma and European Ayurveda®

The Ayurveda Resort Sonnhof practises Panchakarma as it was originally conceived – in 10, 14 or 21-day treatment programmes – while simultaneously integrating it into the holistic system of European Ayurveda®. All Panchakarma treatment programmes start with a detailed examination and pulse diagnosis.

The five actions

In Sanskrit, Panchakarma means 'five actions' or 'five treatments'. These procedures are designed to help balance the Doshas and eliminate toxins from the body. The result: a stronger immune system, cleansed body, improved digestive and metabolic functions, and healthy, restful sleep. It also benefits emotional wellbeing, mental clarity and vitality, allowing you to let go of the past, find stability and your centre.

Everyone should have a Panchakarma treatment programme as an annual fixture in their diary!

Panchakarma treatment programmes

Detoxification programme for weight loss, to remedy metabolic disorders and boost the immune system following illness. Helps you to make lifestyle changes, find the way to yourself, and promotes inner peace.



Preventive treatment

PANCHAKARMA 'LIGHT' BY A SINGLE THERAPIST

7 nights, 6 treatment days, 11 treatments

- Ⓞ Consultation and pulse diagnosis
- Ⓞ Nutrition and lifestyle coaching
- Ⓞ Concluding consultation
- Ⓞ Therapeutic supervision
- Ⓞ Snehana – administration of ghee to loosen waste products
- Ⓞ Virechana – day of purification
- Ⓞ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – bag massage, or Garshan – silk glove massage
 - Udanavata[®] – abdominal massage
 - Nasya or Akshi Tarpana – nasal or eye treatment
 - Shirodhara – flowing oil treatment
 - Basti – gentle enema
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage
- Ⓞ Swedana – heat therapy
- Ⓞ Hot water and ginger drinking treatment
- Ⓞ Herbs for the duration of your stay
- Ⓞ Weekly programme of Yoga and meditation
- Ⓞ Use of the Ayurveda Spa
- Ⓞ Full Panchakarma board (included in room rate)

6 treatment days

€1,657 per person excl. accommodation

Good Karma! €5 of every Panchakarma programme goes to a school project in Africa.

Preventive treatment

PANCHAKARMA 'LIGHT' WITH TREATMENTS BY TWO THERAPISTS

7 nights, 6 treatment days, 11 treatments

- Ⓞ Consultation and pulse diagnosis
- Ⓞ Nutrition and lifestyle coaching
- Ⓞ Concluding consultation
- Ⓞ Therapeutic supervision
- Ⓞ Snehana – administration of ghee to loosen waste products
- Ⓞ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Udvartana – herbal powder massage with two therapists
 - Jambira Pinda Sveda – bag massage with two therapists, or Pizzichilli (Sekka) – full body oil treatment with two therapists
 - Udanavata[®] – abdominal massage
 - Nasya or Akshi Tarpana – nasal or eye treatment
 - Shirodhara – flowing oil treatment
 - Basti – gentle enema
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage
- Ⓞ Swedana – heat therapy
- Ⓞ Hot water and ginger drinking treatment
- Ⓞ Herbs for the duration of your stay
- Ⓞ Weekly programme of Yoga and meditation
- Ⓞ Use of the Ayurveda Spa
- Ⓞ Full Panchakarma board (included in room rate)

6 treatment days

€2,070 per person excl. accommodation

Good Karma! €5 of every Panchakarma programme goes to a school project in Africa.

Suitable
for
vegans!

PANCHAKARMA 'CLASSIC'

10 nights, 9 treatment days, 18 treatments

- ⊙ Consultation and pulse diagnosis
- ⊙ Nutrition and lifestyle coaching
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Snehana – administration of ghee to loosen waste products
- ⊙ Virechana – day of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 4 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Vishesh – energy massage with two therapists
 - Udvartana – herbal powder massage with one therapist
 - Jambira Pinda Sveda – bag massage with two therapists or Garshan – silk glove massage with two therapists
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - Udanavata[®] – abdominal massage
 - Nasya or Akshi Tarpana – nasal or eye treatment
 - 2 Shirodhara – flowing oil treatments
 - 3 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage
 - Stimularium[®] cell regeneration lounge treatment with deep meditation and crystal light Chakra therapy
- ⊙ Swedana – heat therapy
- ⊙ Hot water and ginger drinking treatment
- ⊙ Herbs for the duration of your stay
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa
- ⊙ Full Panchakarma board (included in room rate)

9 treatment days

€2,597 per person excl. accommodation

Good Karma! €5 of every Panchakarma programme goes to a school project in Africa.

PANCHAKARMA 'DELUXE'

14 nights, 13 treatment days, 27 treatments

- ⊙ Consultation and pulse diagnosis
- ⊙ Nutrition and lifestyle coaching
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Snehana – administration of ghee to loosen waste products
- ⊙ Virechana – day of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 4 Abhyanga – Ayurvedic full body oil massages with two therapists
 - 2 Udvartana – herbal powder massages with two therapists
 - Vishesh – energy massage with two therapists
 - Jambira Pinda Sveda – bag massage with one therapist
 - Garshan – silk glove massage with one therapist
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - Udanavata[®] – abdominal massage
 - Intensive back treatment
 - Nasya and Akshi Tarpana – nasal and eye treatment
 - 3 Shirodhara – flowing oil treatments
 - 5 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage
 - Ayurvedic foot massage
 - Stimularium[®] cell regeneration lounge treatment with deep meditation and crystal light Chakra therapy
 - 2 acupuncture treatments performed by Dr Sinop
- ⊙ Swedana – heat therapy
- ⊙ Hot water and ginger drinking treatment
- ⊙ Herbs for the duration of your stay
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa
- ⊙ Full Panchakarma board (included in room rate)

13 treatment days

€3,597 per person excl. accommodation

Good Karma! €5 of every Panchakarma programme goes to a school project in Africa.

PANCHAKARMA 'SUPERIOR'

21 nights, 20 treatment days, 37 treatments

- ⊙ Consultation and pulse diagnosis
- ⊙ Nutrition and lifestyle coaching
- ⊙ Concluding consultation
- ⊙ Mind Detox Coaching with Elisabeth Mauracher (60 mins)
- ⊙ Therapeutic supervision
- ⊙ Snehana – administration of ghee to loosen waste products
- ⊙ Virechana – day of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 6 Abhyanga – Ayurvedic full body oil massages with two therapists
 - 2 Udvartana – herbal powder massages with two therapists
 - Vishesh – energy massage with two therapists
 - Jambira Pinda Sveda – bag massage with two therapists
 - Garshan – silk glove massage with one therapist
 - 2 Pizzichilli (Sekka) – full body oil treatments with two therapists
 - Udanavata[®] – abdominal massage
 - 2 intensive back treatments
 - 1 Nasya and 1 Akshi Tarpana – nasal and eye treatments
 - 4 Shirodhara – flowing oil treatments
 - 7 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Janu Vasti – oil treatment for the knees
 - Shiromardana – head and face massage
 - Ayurvedic foot massage
 - Stimularium[®] cell regeneration lounge treatment with deep meditation and crystal light Chakra therapy
 - 2 acupuncture treatments performed by Dr Sinop
- ⊙ Swedana – heat therapy
- ⊙ Hot water and ginger drinking treatment
- ⊙ Herbs for the duration of your stay
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa
- ⊙ Full Panchakarma board (included in room rate)

20 treatment days

€4,897 per person excl. accommodation

Good Karma! €5 of every Panchakarma programme goes to a school project in Africa.



Good Karma!

€5 of every Panchakarma programme goes to a project constructing a nursery school for 300 children in Dano, Burkina Faso.

A young woman with long blonde hair and glasses is captured in a joyful moment, jumping or dancing in a lush green field. She is wearing a white tank top, blue jeans, and a pink cardigan with a vibrant floral pattern. Her arms are outstretched, and she has a wide, happy smile. The background is a soft-focus forest. The image is decorated with white bokeh effects, including a large sunburst in the top left and another in the bottom right, along with smaller circles scattered throughout.

Freedom
and faith

AYURDETOX

Targeted detoxing measures, treatments and gentle exercise expel toxins and waste material from your body – you will feel truly unburdened and find new lightness and mobility.

AYURDETOX – SHORT CLEANSING

Minimum stay: 4 nights

- ⊙ Consultation and pulse diagnosis
- ⊙ Consultation (30 mins) focusing on integrating the principles in daily life
- ⊙ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system. Ideal for cleansing and detoxifying.
- ⊙ Udvartana – herbal powder massage
- ⊙ Abhyanga – Ayurvedic full body oil massage
- ⊙ Udanavata[Ⓞ] – abdominal massage
- ⊙ Shirodhara – flowing oil treatment
- ⊙ Virechana – day of purification
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Herbs for the duration of your stay
- ⊙ Hot water and ginger drinking treatment
- ⊙ Use of the Ayurveda Spa

€759 per person excl. accommodation*

AYURDETOX – INTENSIVE PROGRAMME

7 nights, 6 treatment days

- ⊙ Consultation, pulse diagnosis and concluding consultation
- ⊙ Vishesh – energy massage
- ⊙ Jambira Pinda Sveda – bag massage
- ⊙ Shirodhara – flowing oil treatment
- ⊙ Udvartana – herbal powder massage with two therapists
- ⊙ 2 Abhyanga – Ayurvedic full body oil massages
- ⊙ Intensive back treatment
- ⊙ Garshan – silk glove massage with one therapist
- ⊙ Padabhyanga – Ayurvedic foot massage (25 mins)
- ⊙ Udanavata[Ⓞ] – abdominal massage
- ⊙ Virechana – day of purification
- ⊙ Basti – gentle enema
- ⊙ Detox diet – acid-alkaline balance
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Herbs for the duration of your stay
- ⊙ Hot water and ginger drinking treatment
- ⊙ Use of the Ayurveda Spa

6 treatment days

€1,397 per person excl. accommodation*

* Accommodation includes an Ayurvedic diet targeted at weight reduction – combining the findings of modern nutritional science with the ancient wisdoms of traditional dietary forms.

REGENERATION PROGRAMMES



Strength, rejuvenation and wellbeing. Find harmony and inner peace. Revitalisation processes for body, mind and spirit.

FOUNTAIN OF YOUTH REJUVENATION WEEK

Minimum stay: 7 nights

The aim of this rejuvenation package is to delay, stop or even reverse signs of premature ageing. This soothing bespoke treatment programme benefits health, boosts the immune and nervous systems, promotes physical strength and regularises digestion. Carefully selected oils promote a clear complexion and soft, smooth skin. This is a deep treatment that warms the entire body and stimulates the elimination of waste products.

- ⊙ Consultation and pulse diagnosis with Ayurveda specialists
- ⊙ Nutrition and lifestyle coaching
- ⊙ 2 Abhyanga – Ayurvedic full body oil massages
- ⊙ Vishesh – energy massage
- ⊙ Udanavata® – abdominal massage
- ⊙ Mukabhyanga – Ayurvedic head, face and foot massage
- ⊙ Padabhyanga – Ayurvedic foot massage
- ⊙ Shirodhara – flowing oil treatment
- ⊙ Prista – back treatment
- ⊙ Udvartana – herbal powder massage
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa

€1,047 per person excl. accommodation

RASAYANA INTENSE REGENERATION PROGRAMME

10 nights, 9 treatment days, 18 treatments

The main objective of this programme is to regenerate the body and organs – especially when recovering from illness. Beneficial to all, these treatments boost the immune system and bring about internal stability, helping you to overcome fatigue and physical strain. In addition to health benefits, Rasayana has a rejuvenating effect. Targeted treatments, gentle exercise, and a diet based on your Ayurvedic constitutional type bring about long-lasting regeneration of body, mind and spirit.

- ⊙ Consultation and pulse diagnosis
- ⊙ Nutrition and lifestyle coaching
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Fortifying tonic
- ⊙ Virechana – day of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Vishesh – energy massage with two therapists
 - 2 anti-stress back massages
 - Udanavata® – abdominal massage
 - Udvartana – herbal powder massage
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Shirodhara – flowing oil treatments
 - Khadi Basti – ‘Reawaken elementary power’
 - Intensive back treatment
 - Jambira Pinda Sveda – bag massage
 - 2 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Padabhyanga – Ayurvedic foot massage
 - Stimularium® cell regeneration lounge treatment with deep meditation and crystal light Chakra therapy
- ⊙ Swedana – heat therapy
- ⊙ Hot water and ginger drinking treatment
- ⊙ Herbs for the duration of your stay
- ⊙ Weekly programme of Yoga and meditation
- ⊙ Use of the Ayurveda Spa
- ⊙ Full Panchakarma board (included in room rate)

€2,597 per person excl. accommodation





From
hand
to heart

AYURVEDIC MESSAGES

INFO

- D** Detox treatments
- B** Back treatments
- R** Relaxing treatments
- C** Classic treatments
- S** Special treatments

R ABHYANGA

Gentle full body oil massage, tailored to suit the constitutional types Vata, Pitta and Kapha. Subtle energy work and warm herbal oils penetrate deep into the skin, release fat-soluble toxins from the tissues and exert a revitalising effect on the skin, muscles, veins, heart, circulation and nervous system.

55 mins **€118**

R ABHYANGA WITH TWO THERAPISTS

Abhyanga with two therapists. Effective against restlessness, weak circulation and digestion.

55 mins **€199**

R MUKABHYANGA

Ayurvedic head, face and foot massage. Your face, neck, upper chest and feet are gently massaged with warm oil. This massage positively affects insomnia, anxiety, stress and tension.

55 mins **€118**

R PADABHYANGA

Ayurvedic foot massage. Soothes and strengthens the nervous system.

25 mins **€54**

R PIZZICHILLI OR SEKKA – REGAL FULL BODY OIL TREATMENT

Warm oil flows continuously over the entire body while it is simultaneously massaged into the skin by two therapists. This is extremely relaxing, and the heat of the oil has a strongly detoxifying effect. Ideal for rheumatic complaints and weaknesses of the immune system.

55 mins **€215**

R SHIROABHYANGA

Soothing head massage followed by a 20-minute Shirodhara flowing oil treatment.

55 mins **€148**

R SHIRODHARA – FLOWING OIL TREATMENT

Traditional head treatment, recommended for relieving stress-related symptoms, insomnia and migraines.

INFO: This treatment is only available in combination with an Ayurvedic full body oil massage.

25 mins **€87**

R VISHESH

Revitalising energy massage. Similar to Abhyanga but applied with greater pressure and speed.

55 mins **€118**

R VISHESH WITH TWO THERAPISTS

Revitalising energy massage with two therapists.

55 mins **€199**

AYURVEDIC MASSAGES

INFO

- D** Detox treatments
- B** Back treatments
- R** Relaxing treatments
- C** Classic treatments
- S** Special treatments

R UDANAVATA® – EUROPEAN AYURVEDA® abdominal massage

Special abdominal massage

Specialised massage and energy point treatment to strengthen and detoxify tissues. Venous return and lymphatic backflow are stimulated and blockages in the stomach area are released.

55 mins **€118**

B DORN-BREUSS – special back treatment

Back pain is frequently caused by misalignment of the joints and vertebrae, and can also affect the psyche and internal organs. Gentle pressure is applied to correct such misalignments and thus reverse their negative effects.

55 mins **€107**

B PRISTA® – EUROPEAN AYURVEDA® back treatment

A highly effective and intense treatment with hot herbal compresses combined with a profound back massage to rid the body of blockages. We use a special herbal oil to resolve adhesions and congestion.

55 mins **€118**

S GAMATHI® – EUROPEAN AYURVEDA® leg treatment

Tired legs and feet are revitalised, the tissue is cleansed and the connective tissue is strengthened. This treatment combines cupping, massage, relaxation and high-quality oils.

Relaxing and revitalising 55 mins **€118**

Releases fluids and reduces swelling 55 mins **€118**

S JANUVASTI

A special Ayurvedic oil treatment in which warm oil is poured onto the knee area. This relieves knee pain, promotes joint lubrication and improves arthritis in the knee joints.

45 mins **€118**

S ACUPRESSURE MERIDIAN MASSAGE (APM)

The aim of acupressure meridian massage is to restore the flow of Qi energy in all of the body's systems and to correct energetic disharmony. APM offers a symbiosis of meridian massage, acupuncture without needles, energetic spinal therapy, moxibustion (Traditional Chinese Medicine heat therapy), cupping, and Gua sha (a traditional Chinese 'spooning' massage). APM is used to strengthen the centre of the body and the organs, to deal with cold, spinal and joint issues, it provides support in pregnancy and strengthens the human organism when stressed or exhausted. Insomnia and digestive problems, energy blockages and scars are further indications. APM can be very helpful in dealing with acute, subacute, chronic and silent diseases.

Duration of treatment: 50 mins **€137**

Energy tape: **€5**

D GARSHAN – SILK GLOVE MASSAGE

The techniques used in Garshan stimulate lymphatic flow and relieve water retention; they are a preparation for the subsequent body wrap to activate fat metabolism.

55 mins **€118**

Including cellulite-buster wrap: 85 mins **€141**

D JAMBIRA PIND SVEDA

Full body problem zone treatment using warm lemon poultice bags. This is a highly effective anti-cellulite treatment.

INFO: We bind our own poultice bags and use only premium quality, organic products.

55 mins **€131**

D JAMBIRA PINDA SVEDA WITH TWO THERAPISTS

Full body treatment with two therapists.

55 mins **€205**

D UDVARTANA

Herbal powder massage and exfoliating body scrub. Actively stimulates lymphatic flow and lipid metabolism and clarifies the skin.

55 mins **€118**

D UDVARTANA WITH TWO THERAPISTS

Herbal powder massage and scrub with two therapists.

55 mins **€205**

D UPANA

Alpine salt and oil scrub to release stressful energy and strengthen the immune system. Ideal for cleansing and detoxifying.

55 mins **€118**

S KHADI BASTI

Application of oil to the lower back. The treatment releases deep tension and harmonises the Chakras.

45 mins **€125**



S PRANA HEALING MASSAGE

This special massage activates and harmonises the energy centres and channels for a concord of body, mind and spirit. Choose your personal Chakra essence intuitively.

85 mins **€177**

S SAMVAHANA – MAHARANI

Samvahana is considered the queen of Ayurvedic Snehana massages. In India, this ritual is reserved for women. The treatment is performed using a silk cloth, fine brushes, rare oils, essential fragrances, precious stones and a rose milk and salt scrub to regulate the body's energy flow and increase Ojas, the vital essence of life. Two therapists administer this application.

Early booking is recommended!

55 mins **€177**



CLASSIC TREATMENTS

INFO

- D** Detox treatments
- B** Back treatments
- R** Relaxing treatments
- C** Classic treatments
- S** Special treatments

C CHINESE REFLEXOLOGY

Reflex zones in the feet are massaged to stimulate specific areas and functions of the body.

25/55 mins **€50/91**

C FULL BODY LYMPHATIC DRAINAGE

Special pressure techniques stimulate the lymphatic system and increase the elimination of toxins from the body's tissues.

50 mins **€82**

C SINGING BOWL MASSAGE

Healing sounds and meditative texts gently guide you into a world of rest and tranquillity. Enveloped in deep calm and profound peace, you are free to remain, mindfully, in the moment.

55 mins **€100**

S EAR CANDLE TREATMENT

Natural treatment passed down by the Hopi Indians that provides a lasting feeling of wellbeing, release and lightness. The ear candles contain beeswax, herbs, camomile and St John's Wort.

25 mins **€47**

S STIMULARIUM® CELL REGENERATION with deep meditation and crystal light therapy

Only the purest hand-cut crystals are used for the crystal light bed. The crystals are attached to a specially developed piece of equipment and flooded with light and colours. It is a micro-therapy that takes the form of a cellular massage to optimise and boost cell metabolism and interactivity.

This combination treatment activates and harmonises energy centres, supports immunological, regenerative and energetic processes, and prepares the body for further therapeutic measures. The treatment is accompanied by a deep, guided meditation.

INFO: Stimularium and crystal light therapy are only available as a package.

25 mins **€70** (package price)

B BACK MASSAGE

Relaxes, stimulates blood flow and strengthens the back muscles.

25 mins **€50**

From hand to heart

*'The weak can never forgive.
Forgiveness is the attribute of the strong.'*

Mahatma Gandhi

G ALPIENNE VEDA ANTI-STRESS MASSAGE

A full body massage using St John's Wort massage lotion to lift the spirits. The treatment focuses on the head, neck, shoulders and abdomen. It is an ideal application to treat exhaustion, insomnia and nervous disorders.

55 mins **€111**

R ALPIENNE SPORTS MASSAGE WITH MARMOT OIL

This full body massage with marmot oil relieves tension, improves circulation, thoroughly warms the body, brings ease, and relaxes the musculoskeletal system. An excellent application for rheumatism, lumbago and joint problems that strengthens the immune system's effectiveness.

55 mins **€111**

SIGNATURE TREATMENT ELFENZAUBER® BY SONNHOF

This signature treatment was developed in collaboration with our team of physicians and therapists and is in all respects surprisingly different. We use the purest energetic essences, selected intuitively at the beginning of the ritual, to combine harmonising fragrances and gentle massage. The treatment opens an inward path that releases tension, slows the breath and stills the mind – an unforgettable and deeply moving experience...

85 mins **€157**

Elfenzauber®
oils are available
from our Ayurveda
Shop.



INFORMATION

Our therapists are fully qualified medical masseurs trained in European Ayurveda®. They follow a programme of continuous professional development which enables them – and us – to ensure that you receive the best quality therapeutic and medical treatment and care.

ACHTSAM[®]
KOSMETIK





Sparkle

NEW: Beauty products by ACHTSAM Kosmetik

Natural beauty products don't need exotic raw materials to be effective. No African shea butter, Mexican jojoba oil or South American coconut products for this brand! ACHTSAM try to minimise product miles and want to know where the ingredients in their natural cosmetics come from. Vegan, made and packaged sustainably and mindfully. Pure nature!

BEAUTY TREATMENTS

ACHTSAM BEAUTY TREATMENT

Vegan – sustainable and natural!

A skin diagnosis to determine the skin type and its individual needs is followed by a cleanse and a facial scrub with wheatgrass to remove blemishes. A refreshing, nurturing tonic and a face mask (to suit skin type) complete the treatment. Look forward to a significantly more youthful complexion!

90 mins **€175**



EXCEPTION ULTIME – treatment ritual for timelessly beautiful skin

The luxury skin care line Exception Ultime acts as an integral anti-ageing solution with patented AGE REVERSE technology and locust tree extracts to combat both the causes and symptoms of ageing. An exceptional combination of exclusive active ingredients reactivates cellular mechanisms and fibroblasts, reducing the visible signs of ageing such as wrinkles, diminished elasticity and age spots. A stimulating energy lift massage redefines facial contours after initial application, restoring volume and a youthful appearance.

90 mins **€230**

ANTI-AGEING SKINCARE CONCEPT WITH MARITIME HYALURON

This firming treatment was designed specifically to make skin smoother and correct the appearance of wrinkles. A hyaluron pen and mask pads are used to target visible wrinkles. The subsequent hyaluron mask refreshes and energises for a radiant new you with firmer, smoother-looking skin.

90 mins **€165**

Your secret weapon against the signs of the times: MARITIME SILICON

An effective combination of maritime silicon, collagen and hyaluron gives you that 'just lifted' look. See for yourself: the immediate, resculpting effect is a glowing complexion and redefined facial contours. Look forward to significantly younger and firmer looking skin and a more refined complexion.

90 mins **€185**

For men: OCEAN CARE COSMETIC TREATMENT

OCEAN CARE declares war on the first signs of ageing! This facial treatment uses algae extracts to revive and refresh the skin. The mask forms an ocean of maritime care. Underneath, a complex of marine and botanical ingredients smooths and moisturises. The result: increased elasticity and vitality.

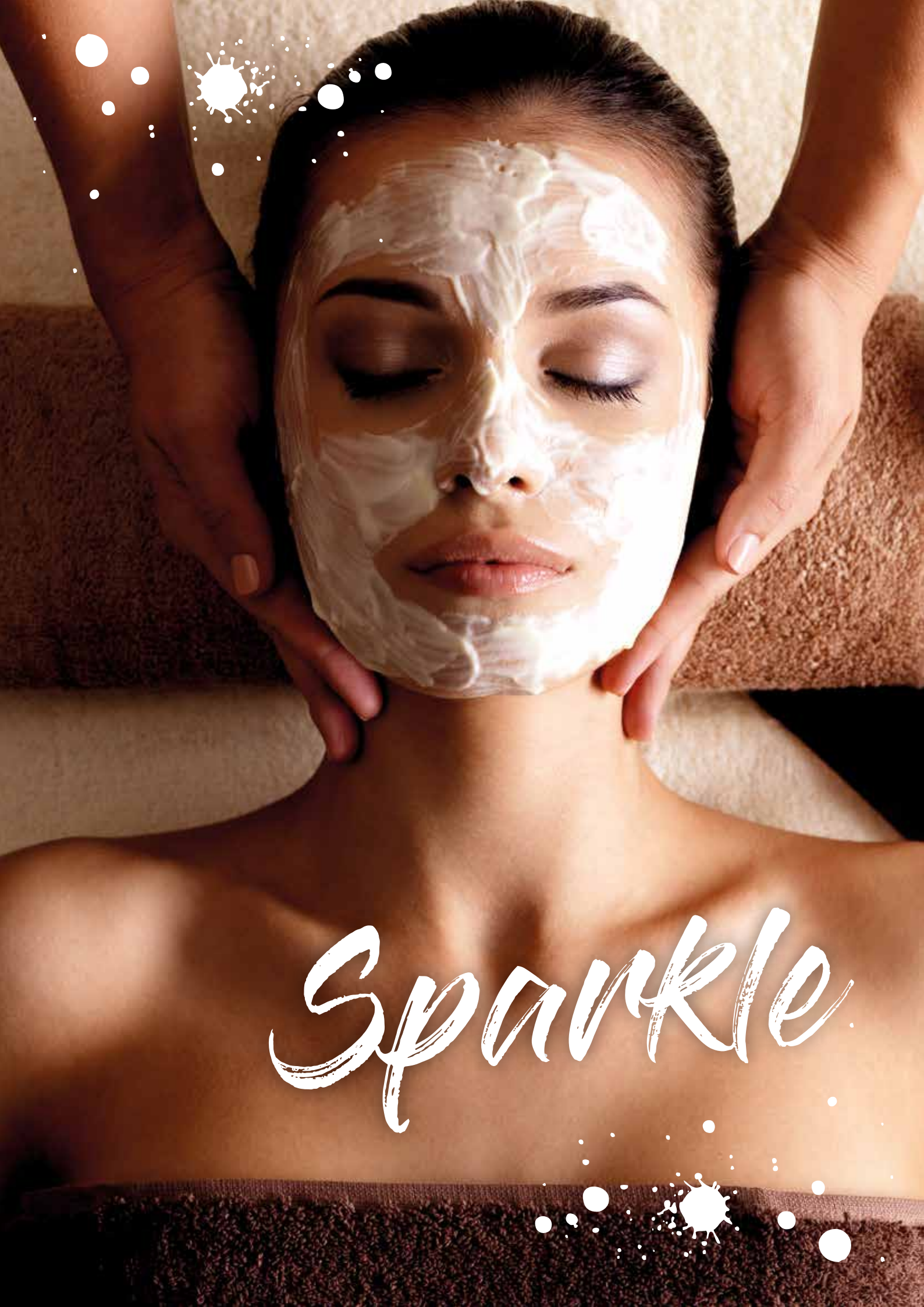
90 mins **€172**

PEDICURE incl. nail polish

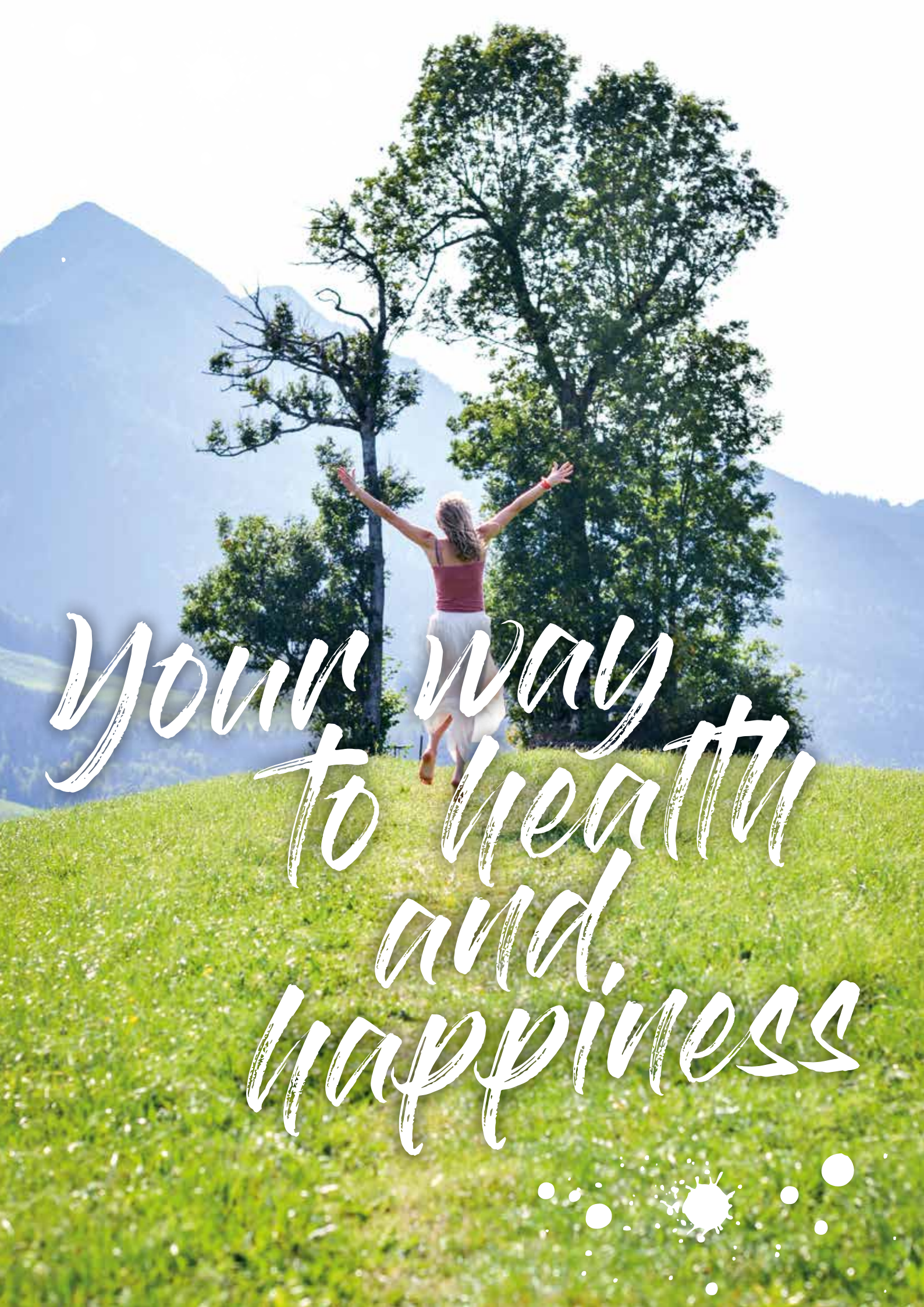
50 mins **€55**

MANICURE incl. nail polish

50 mins **€55**



Sparkle



Your way
to health
and
happiness



AYURVEDA PROGRAMMES

AYURVEDA SHORT STAY

Minimum stay: 3 nights

- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Flowing oil treatment – combined with Abhyanga
- ☉ Udvartana – herbal powder massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€302 per person excl. accommodation

ROYAL AYURVEDA

Minimum stay: 5 nights

- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Jambira Pinda Sveda – bag massage
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Back massage
- ☉ Shirodhara – flowing oil treatment
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€687 per person excl. accommodation

AYURVEDA 'DELUXE'

Minimum stay: 3 nights

- ☉ Garshan – silk glove massage
- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Udvartana – herbal powder massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€514 per person excl. accommodation

MIND DETOX PACKAGE

Minimum stay: 7 nights

- ☉ Coaching with our Ayurveda specialists (60 mins)
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ 2 Shiromardana – Ayurvedic head massages
- ☉ Khadi Basti – Ayurvedic oil treatment for the lower back, 'Reawaken elementary power'
- ☉ Udanavata[®] – abdominal massage
- ☉ 2 Padabhyanga – Ayurvedic foot massages
- ☉ 1 one-to-one Yoga or meditation session
- ☉ Shirodhara – flowing oil treatment
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€997 per person excl. accommodation

AYURVEDA RELAX AND FEELGOOD DAYS

Minimum stay: 5 nights

- ☉ Vishesh – Ayurvedic energy massage to strengthen the nervous system
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system. Ideal for cleansing and detoxifying.
- ☉ Shirodhara – flowing oil treatment
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa

€599 per person excl. accommodation

AYURVEDA OFFERS

AYURVEDA SHORT STAY

- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Flowing oil treatment – combined with Abhyanga
- ☉ Udvartana – herbal powder massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa
- ☉ Ayurveda Signature Cuisine full board

Ayurveda Short Stay – 3 nights per person*

OM Spirit double room	€797
Shine ON double room	€833
SONNHOF Spirit junior suite	€842
Tirol meets India junior suite	€869
Alpienne Spirit junior suite	€869
Harmonie Spirit junior suite	€878
VEDA Spirit suite	€947

ROYAL AYURVEDA

- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Jambira Pinda Sveda – bag massage
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Back massage
- ☉ Shirodhara – flowing oil treatment
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa
- ☉ Ayurveda Signature Cuisine full board

Royal Ayurveda – 5 nights per person*

OM Spirit double room	€1,512
Shine ON double room	€1,572
SONNHOF Spirit junior suite	€1,587
Tirol meets India junior suite	€1,632
Alpienne Spirit junior suite	€1,632
Harmonie Spirit junior suite	€1,647
VEDA Spirit suite	€1,762

AYURVEDA RELAX AND FEELGOOD DAYS

- ☉ Ayurvedic energy massage – Indian massage to strengthen the nervous system
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
- ☉ Shirodhara – flowing oil treatment
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Weekly programme of Yoga and meditation
- ☉ Use of the Ayurveda Spa
- ☉ Ayurveda Signature Cuisine full board

Ayurveda Relax and Feelgood Days – 5 nights per person*

OM Spirit double room	€1,424
Shine ON double room	€1,484
SONNHOF Spirit junior suite	€1,499
Tirol meets India junior suite	€1,544
Alpienne Spirit junior suite	€1,544
Harmonie Spirit junior suite	€1,559
VEDA Spirit suite	€1,674

CHRISTMAS WITH A DIFFERENCE

20.12 – 26.12.2020

Let go of emotional baggage, make space for new beginnings!

- ☉ 5 nights including Sonnhof Signature Cuisine full board
- ☉ Abhyanga – Ayurvedic full body oil massage followed by Shirodhara flowing oil treatment
- ☉ Upana – Alpine salt and oil scrub
- ☉ Padabhyanga – Ayurvedic foot massage
- ☉ Alpienne Veda anti-stress massage
- ☉ Silent meditation with our Yoga and meditation teachers
- ☉ Weekly programme of Yoga and meditation
- ☉ Sonnhof Signature Cuisine full board
- ☉ Use of the Ayurveda Spa

from **€1,159** per person in a Shine ON double room

*Single occupancy surcharge per night: €50 Single occupancy surcharge for VEDA Spirit suite per night: €90





ALPENHOTEL RESORT
SONNHOF

We're glad
you're
here!



ROOM RATES

December 2019 to December 2020

NEW
SHINE ON
double room



All rates are per person and night incl. Sonnhof Signature Cuisine full board, excl. local tax.

01.12.2019 –	25.12.2019 –
24.12.2019	06.01.2020
07.01.2020 –	25.12.2020 –
24.12.2020	06.01.2021

SONNHOF single room	€175	€190
OM SPIRIT double room	€165	€185
SHINE ON double room	€177	€205
SONNHOF SPIRIT junior suite	€180	€210
TIROL MEETS INDIA junior suite	€189	€210
ALPIENNE SPIRIT junior suite	€189	€215
HARMONIE SPIRIT junior suite	€192	€215
VEDA SPIRIT suite	€215	€270
SONNHOF apartment	€175	€195

Sonnhof Signature Cuisine full board comprises: Ayurvedic breakfast buffet, lunchtime Pitta buffet, afternoon Vata snack with tea ceremony and fruit, dinner. Excl. drinks. The majority of the produce used in our cooking is organic and from our nearby farm. We also use Grander energised water. All our rooms are non-smoking. Out of consideration for other guests, we also ask you not to smoke on the balconies. Free underground parking.

Single occupancy surcharge: €50 Single occupancy surcharge for VEDA Spirit suite: €90



SONNHOF apartment

35-40sqm double room with wood floor, seating area with sofa, shower and WC, hairdryer, bathrobe, slippers, satellite TV and balcony. **Our apartment is just a 2-minute walk from the hotel.**



SONNHOF single room

20sqm, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe, desk and balcony.



TIROL MEETS INDIA junior suite

35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe and panoramic balcony.



SHINE ON double room

22-25sqm double room, wood floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe and balcony.



ALPIENNE SPIRIT junior suite

35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe and panoramic balcony.



OM SPIRIT double room

30sqm double room finished in reclaimed wood, seating area, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet, safe, desk and balcony.



HARMONIE SPIRIT junior suite

42sqm, double room with separate living room, wood floor, shower or bath, separate WC, double basin, cosmetic mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe, panoramic balcony and silk duvets.



SONNHOF SPIRIT junior suite

35sqm redesigned double room with lounge area, oak floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet, safe and panoramic balcony.



VEDA SPIRIT suite

45sqm, double room with separate lounge area, wood floor, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe, desk, panoramic balcony and silk duvets.

GENERAL INFORMATION

How to get here:

Drive via the Inntalautobahn motorway, exit at Kiefersfelden (toll-free), exit Kufstein (toll-free) or Weyarn, along the main road towards Bayrischzell. Innsbruck 90km, 1 hour; Salzburg 119km, 1 hour 20 mins; Munich airport 135km, 1 hour 30 mins

Transfers: Taxi from the hotel to Kufstein railway station: around €25. Please contact us for transfer charges.

Arrival and departure:

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

Booking:

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

Room service:

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

Rates include:

Sonnhof Signature Cuisine full board
The majority of the produce used in our cooking is organic and from our nearby farm. We also use Grander energised water.

- Weekly programme of Yoga and meditation
- Use of the Ayurveda Spa
- Free Wi-Fi in the lounge
- Underground car park

Cancellation charges:

- Up to one month prior to scheduled arrival – no charge.
- Between 30 and 2 days prior to scheduled arrival – 60% of the room rate.
- One day prior to scheduled arrival – 100% of the room rate.

Ayurveda Spa cancellations:

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

Payment options:

Cash, debit cards, VISA, Mastercard, American Express

Single occupancy surcharge:

Double room €50/night, VEDA Spirit suite €90/night

Thanking you for your recommendation:

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

Gift vouchers

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

In harmony with nature: sustainability matters!

Chemical-free cleaning. Effective Microorganisms (EM) create positive environments thanks to antioxidative, fermentative, regenerative, energetic and communicative effects.

More than 80 different EMs feed on each other's metabolic products: this provides a self-cleaning mix that we can trust.



ALPENROSE

HOTEL | RESTAURANT | KUFSTEIN



TRADITION MEETS INNOVATION

Your city hotel and restaurant in Kufstein

The **ALPENrose Kufstein** combines regional, sustainable products – from our European Ayurveda® farm, of course – with informal hospitality, professional service, a chic ambience and love of nature.

- 27 rooms
- 2 restaurants and a rustic Stube
- Lovely terrace
- Bar with lounge area
- Seminar and events rooms for all kinds of events

'I love that the ALPENrose brings people together. Serving good food and good wine makes everyone happy. By the same token, it's pure joy to be part of it – and that's a nice mission to have.'
Stephan Mauracher

Regionality. Authenticity. Sustainability. Innovation.



HOTEL ALPENROSE KUFSTEIN

Weissachstrasse 47 | 6330 Kufstein | Tirol | Austria | T +43 5372 621 22
hotel@alpenrose-kufstein.at | www.alpenrose-kufstein.at

European
Ayurveda®
is expanding



European Ayurveda Resort Mandira Styria

The family and European Ayurveda® team have opened a second resort: the European Ayurveda Resort Mandira Styria, managed by Christina Mauracher!

Location: the peaceful spa town Bad Waltersdorf, known for its healing thermal waters, in Styria's gentle hill country.

What's so special: a unique combination of thermal and Asian pampering spa with authentic Ayurveda. Austria's largest Ayurveda resort with healing thermal waters.

The concept: tried and tested over many years.





Immerse yourself in the East Styrian hill country and our holistic philosophy of health and life.

- © Eastern healing methods, tailored to the Western world
- © Consultation and treatment
- © Ayurvedic expertise and lifestyle
- © Ayurvedic treatments
- © Ayurvedic and regional, seasonal cuisine
- © Healing thermal waters and sauna area
- © Yoga and meditation
- © Activity and relaxation programmes and much more

European Ayurveda Resort Mandira Styria

Wagerberg 120 . 8271 Bad Waltersdorf . Styria . Austria . T +43 3333 2801
info@mandira-ayurveda.at . www.mandira-ayurveda.at





I do
feel
really
good.



Hinterthiersee 16 • 6335 Thiersee • Tirol • Austria
T +43 5376 5502 • F +43 5376 5902
info@sonnhof-ayurveda.at • www.sonnhof-ayurveda.at



A member of Niche Destinations

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

© marketing-deluxe.at · Pictures: Michael Huber, Luftwerk.at, Michael Fischer, Katharina Kraus, Gerhard Wasserbauer, Jack Coble, Christoph Hitsch, Claudia Werlberger. This price list supersedes all previous price lists. May be subject to change at short notice. We do not accept liability for misprints and errors.