

YOGA & HIKING RETREAT

Hotel Briol in the
mountains of South
Tyrol

SUN 7 JUNE 2026 TO THU 11 JUNE 2026

4 NIGHTS AT HOTEL BRIOL IN THE MOUNTAINS OF SOUTH TYROL

7 YOGA SESSIONS

ONE GUIDED HIKE

NATURE, STONE PINE SAUNA & OUTDOOR MOUNTAIN POOL

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THE ITINERARY

SUN 7 JUNE 2026 TO THU 11 JUNE 2026

SUNDAY 7 JUNE 2026

- 13:00 Meeting point in Barbian
Joint ascent from Barbian to Briol
- 17:00 Welcome meeting and restorative yoga

Relaxation and refreshment time
- 19:00 Evening meal together

MONDAY 8 JUNE 2026

- 07:30 Morning yoga
Breakfast together
Free time* including access to the spa and wellness spaces to decompress, rest, or spend time in natural surroundings
- 17:00 Restorative yoga

Relaxation and refreshment time
- 19:00 Evening meal together

TUESDAY 9 JUNE 2026

- 07:30 Morning yoga
Breakfast together

Guided mountain hike

Guided Meditation and relaxation
- 19:00 Evening meal together

WED 10 JUNE 2026

- 07:30 Morning yoga
Breakfast together
Free time* including access to the spa and wellness spaces to decompress, rest, or spend time in natural surroundings
- 17:00 Restorative yoga

Relaxation and refreshment time
- 19:00 Evening meal together

THU 11 JUNE 2026

- 07:30 Morning yoga
Breakfast together

Time for reflections

Joint descent to Barbian
- 12:00 Check-out and farewell

THE RETREAT

At 1,310 metres above sea level, the small Hotel Briol nestles into the soft alpine meadows above Barbian.

We will be staying in Haus Settari, accommodated in double rooms.



FREQUENTLY ASKED QUESTIONS

WHAT'S ON THE MENU?

Each evening at 19:00, in a cosy and sociable atmosphere, a generous 3-4 course dinner is served, featuring typical regional dishes – simple, natural and delicious.

If anything remains, seconds are happily offered.

Throughout the retreat the food is vegetarian, with options for vegan and/or gluten-free diets on request. Breakfast includes homemade quince jam, fresh bread rolls with butter, bowl-served yoghurt and regional cheeses.

At lunchtime, a generous salad buffet is available.

WHAT IS INCLUDED IN THE PRICE?

Residential package £1050pp (own room).

4-night's accommodation.

Yoga, meditation and hiking activities.

Transfers to and from the airport and in Tyrol.

Breakfast, lunch salad buffett and evening meals.

Flight options will be shared to support your personal travel planning.

WHAT IS NOT INCLUDED IN THE PRICE?

Alcoholic/evening drinks.

Flights and pre/post-retreat travel are not included in the price.

WHAT IF IT RAINS?

The retreat takes place regardless of the weather.

Yoga sessions are held both indoors and outdoors.

The hikes follow well-maintained forest paths and also take place in the rain.

HOW FIT DO I NEED TO BE?

The hikes require a moderate fitness level and secure footing.

You don't need to be an experienced mountaineer, but previous hiking experience is helpful.

Yoga sessions are adaptable for all levels, flow, breathwork and relaxation included.

HOW FIT DO I NEED TO BE?

To keep the retreat personal and relaxed, the group is limited to a maximum of 8 people.

You will be looked after by your two dedicated hosts throughout.

WHAT SHOULD I BRING?

- Small hiking backpack
- Sturdy footwear (preferably ankle-high hiking boots)
- Walking poles (optional)
- Slippers
- Water bottle
- Sun cream / sunglasses
- Swimwear & sauna items
- Rain jacket & rain trousers (if you have them)
- Warm fleece and/or jacket
- Change of clothes
- Thick socks (warm feet = better relaxation)
- Yoga mat & accessories – rental mat available if needed



MEET YOUR HOSTS AND GUIDES

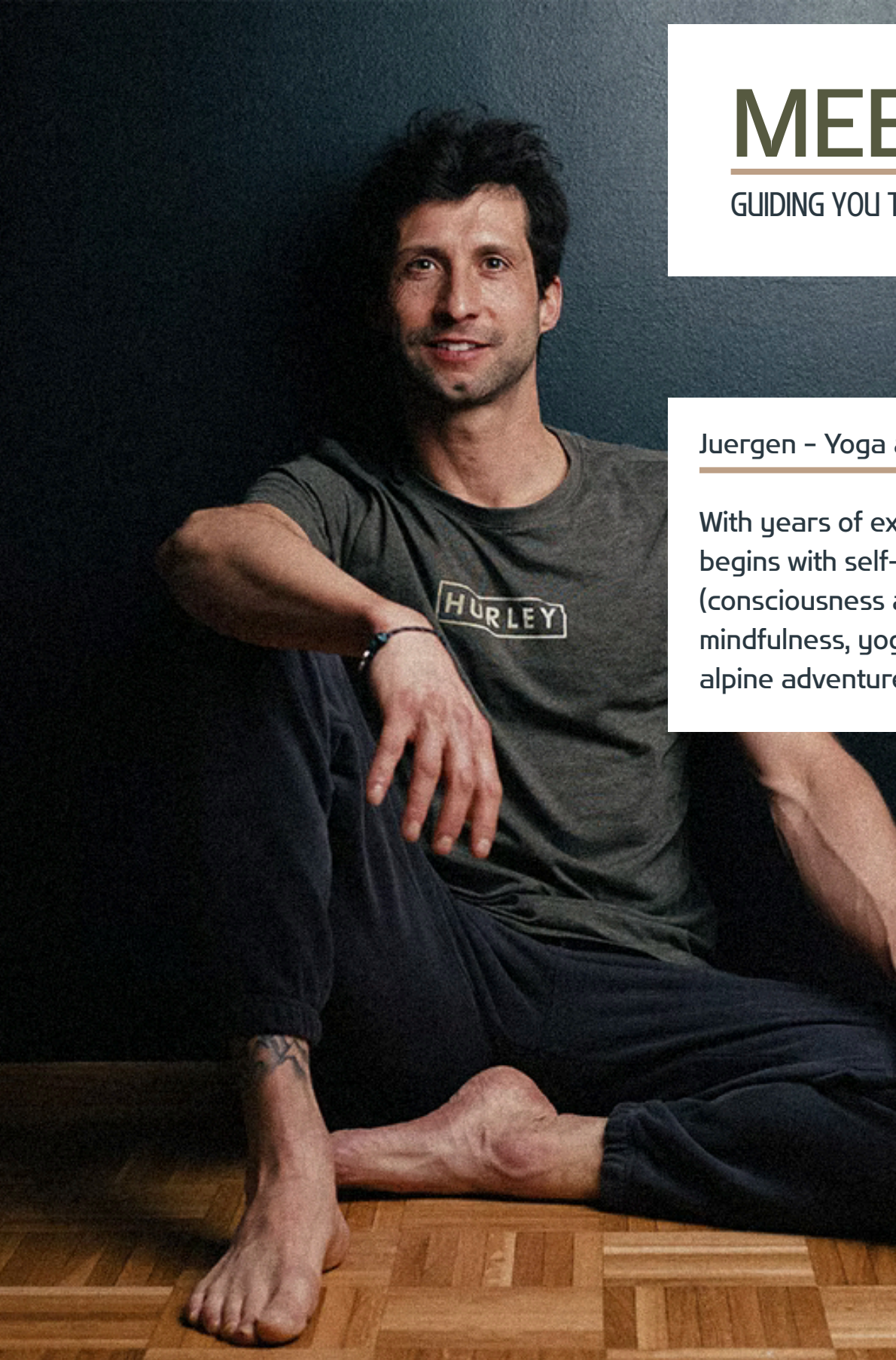
GUIDING YOU TO BALANCE, CLARITY, AND PRESENCE - THROUGH YOGA, MEDITATION, MINDFULNESS AND CONNECTION TO NATURE

Juergen - Yoga and hiking Instructor & Coach | Founder, Manah Chetana

With years of experience in high-performance settings, Juergen understands that true strength begins with self-awareness. Rooted in the principles of Manah (mind) and Chetana (consciousness and control), he guides you to pause, recalibrate, and build resilience through mindfulness, yoga, and practical meditation. His grounded approach blends mental training and alpine adventure to help you meet life with clarity and presence.

Amy - Yoga and meditation Instructor & Health Coach

Amy brings extensive experience supporting individuals and teams in demanding environments, knowing that peak performance grows from balance and insight. Combining psychology, coaching, yoga, and restorative practices, she helps you pause, recharge, and develop sustainable habits for lasting wellbeing. Inspired by nature, her holistic approach nurtures connection, calm, and resilience in everyday life.



THANK YOU.

For more information or to book, please contact Amy or Juergen

0676/842288700 – Juergen | hello@manah-chetana.com | amy@elementsofwellness.co.uk | 0044/7824363311 – Amy

