

YOGA & HIKING RETREAT

Almi's Mountain
Hotel, Obernberg

TUE 12 MAY 2026 TO FRI 15 MAY 2026

3 NIGHTS HALF BOARD AT ALMI'S MOUNTAIN HOTEL IN THE MOUNTAINS OF THE WIPPTAL VALLEY, TYROL

5 YOGA SESSIONS

1 GUIDED FULL-DAY MOUNTAIN HIKE

INCLUDING WELLNESS AREA & PANORAMIC SALINA

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

THE ITINERARY

TUE 12 May 2026 to FRI 15 May 2026

TUESDAY 12 MAY 2026

14:00 Arrival and check-in
Free time* including access to the spa and wellness spaces to decompress, rest, or spend time in natural surroundings

17:00 Welcome meeting and restorative yoga

Relaxation and refreshment time

19:00 Evening meal together

WEDNESDAY 13 MAY 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

THURSDAY 14 MAY 2026

07:30 Morning yoga
Breakfast together

Guided mountain hike

Guided Meditation and relaxation

19:00 Evening meal together

FRIDAY 15 MAY 2026

07:30 Morning yoga
Breakfast together

Time in natural surroundings

Time for reflections

11:00 Check-out and farewell



THE RETREAT

Authentic and genuine, Almi's climate-neutral mountain hotel

Nestled in the idyllic mountain world of the Wipptal Alps, Almi's Mountain Hotel is a place to slow down, breathe deeply, and reconnect.

Experience warm Tyrolean hospitality, savour regional flavours, and settle into the peaceful rhythm of this family-run 3-star retreat, lovingly set in the "Valley of Peace."



FREQUENTLY ASKED QUESTIONS

WHAT'S ON THE MENU?

With a combination of traditional local Wipptal cuisine and well-known international specialities, head chef Seppi creates new and unique dishes.

Special dietary requirements (light meals, allergies, vegetarian) are happily accommodated.

Vegan options are also available.

WHAT IS INCLUDED IN THE PRICE?

Residential package £750pp (shared room - surcharge for single occupancy available).

3-night's accommodation.

Yoga, meditation and hiking activities.

Transfers to and from the airport and in Obernberg.

Breakfast and evening meals.

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

WHAT IS NOT INCLUDED IN THE PRICE?

Alcoholic/evening drinks.

Lunchtime meals/snacks.

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.

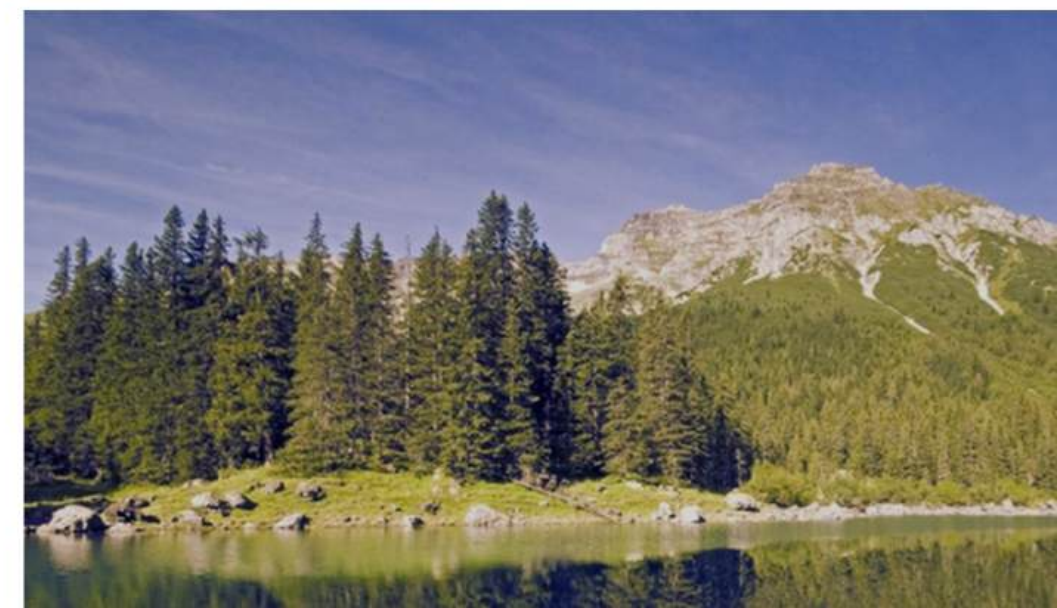
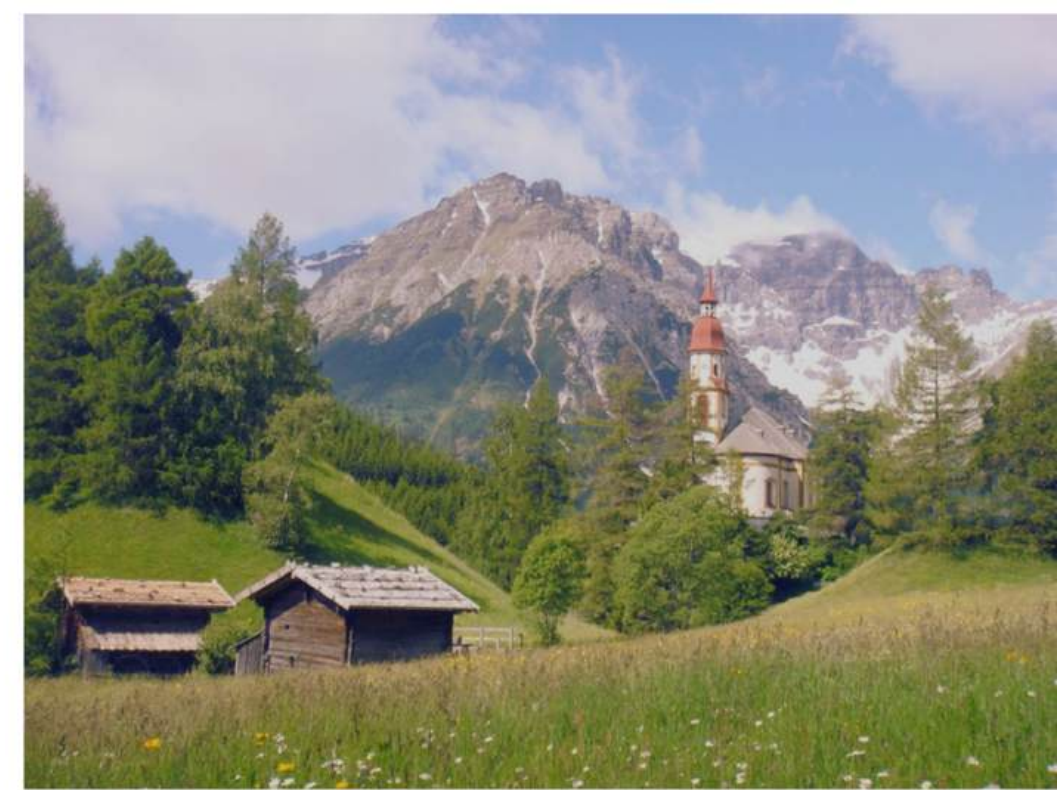
HOW FIT DO I NEED TO BE?

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

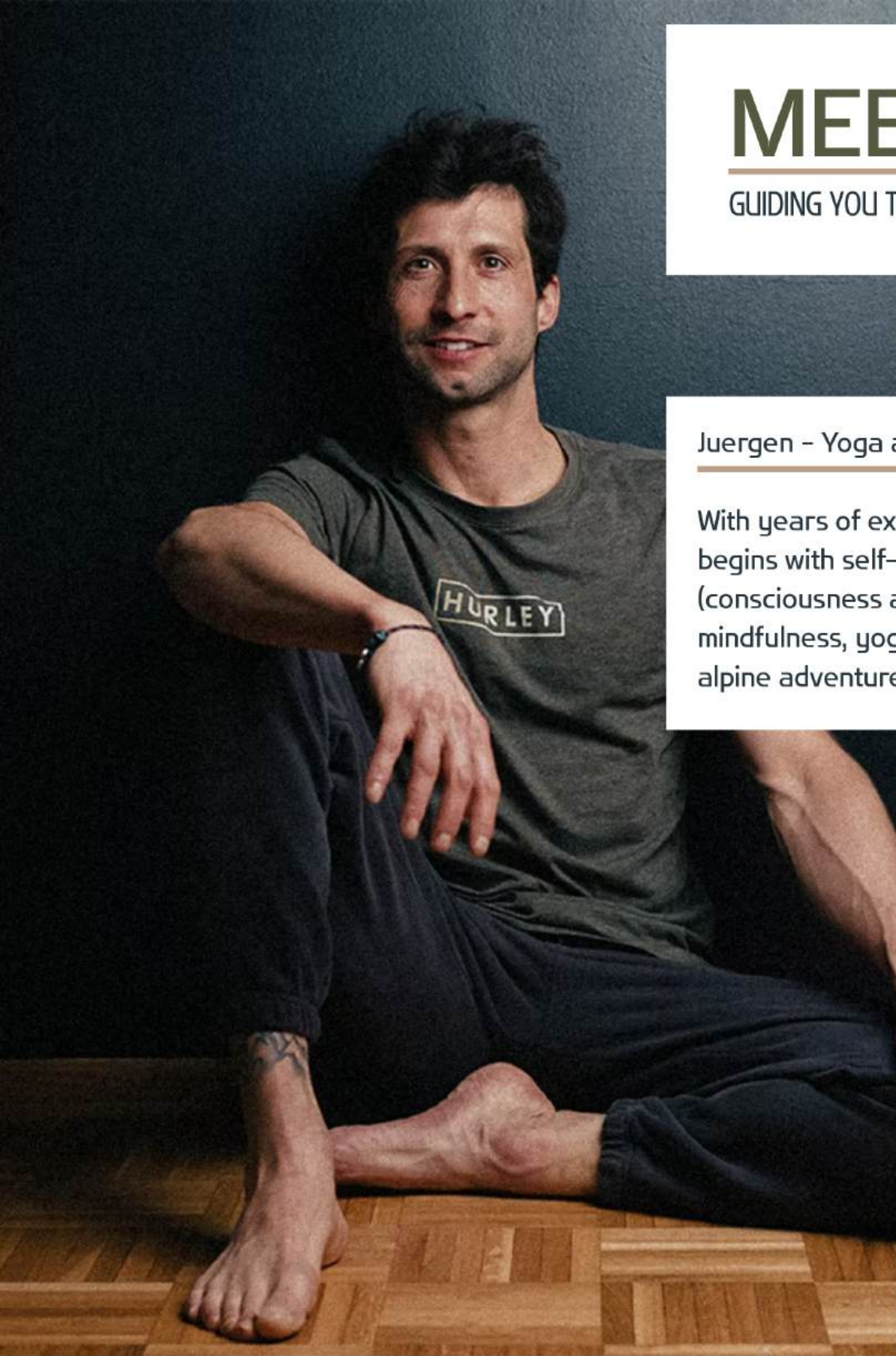
GUIDING YOU TO BALANCE, CLARITY, AND PRESENCE - THROUGH YOGA, MEDITATION, MINDFULNESS AND CONNECTION TO NATURE

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

