

05.
Aug 2025

Outdoor Yoga in the Kneipp & Relax Garden Alfenz

🕒 Tuesday 8:30 o'clock

Duration: 1 hour

Start the day with harmony and yoga in the Kneipp & Relax Garden Alfenz.

Guest Cards



Guest Card Premium



Brandnertal, Bludenz, Klostertal Guest Card

Requirements

3-9 persons (Please note that the adventure program must be cancelled if the minimum number of participants is not reached.)

Equipment

Please bring a yoga mat and comfortable clothing.

Meeting point

08:30 at Kneipp & Relax Garden Alfenz in Klösterle am Arlberg

duration approx. 1h

Anmeldung

Until 20:00 the day before directly by Ingrid McDonald, T +43 650 415 77 39

Description

Morning yoga focusses on conscious breathing and combines physical exercises with the natural flow of breath. Slow, dynamic movements intensify the effect and promote inner balance. Surrounded by the calming nature of the Kneipp & Relax Garden Alfenz, this practice offers a moment of reflection and strengthening for body and mind.

Price

with guest card:

€ 11.00 per person

without guest card:

€ 14.00 per person

Arrival Information

Arrival by public transport: Landbus 720, bus stop "Klösterle Schulhaus". The exact connections can be found at www.vmobil.at. Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

Guest card services





Venue

Kneipp und Relax Garten Alfenz, Klösterle

Kneipp & Relax Garten Alfenz
6754 Klösterle am Arlberg
[+43 6504157739](tel:+436504157739)



Organizer

Outdoor Yoga

Kneipp & Relax Garten Alfenz
6754 Klösterle am Arlberg
[+43 6504157739](tel:+436504157739)

further dates

date	time
05.08.2025	08:30 o'clock
12.08.2025	08:30 o'clock
19.08.2025	08:30 o'clock

date

02.09.2025

time

08:30 o'clock

