

07.
Nov 2025

Yoga- peace & sound weekend

🕒 Friday 0:00 o'clock

A weekend full of gentle movement, meditation, and sound.

Anmeldung

Inquiries and booking: Barbara Nigsch, T +43 650 44 23 084, info@barbarabewegt.at

Included services

It awaits you:

Yoga, silence, and sound to fully arrive at yourself

Gentle morning yoga | Deep Yin yoga | Sitting in silence | Mindful breathing | Sound bath as a day's conclusion

Leisure to let your soul dangle

Sauna | Hiking | Experiencing nature

Culinary delights to strengthen your body

rich breakfast | lunchtime soup | 3-course dinner

Meeting point

Start: Friday, November 7, 2025 at 3:00 PM

End: Sunday, November 9, 2025 at 1:00 PM

Hotel Kreuz, Buchboden

Price

Hotel from € 220.00 per person with full board in double room | Yoga, Silence & Sound until 31.08. € 250.00 / later € 300.00





Venue

Hotel Kreuz Buchboden

Untere Planken 126

6722 St. Gerold

[+43 650 44 23 084](tel:+436504423084)

info@barbarabewegt.at

<http://www.barbarabewegt.at> ↗



Organizer

Barbara bewegt - yoga & mehr

Untere Planken 126

6722 St. Gerold

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further dates

date

time



07.11.2025

00:00 o'clock

08.11.2025

00:00 o'clock

09.11.2025

00:00 o'clock