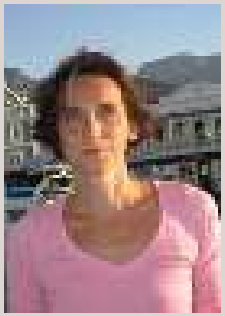
YOGA AT THE MOST BEAUTIFUL POWER PLACES OF THE GASTEIN VALLEY

Breathe in deeply. Exhale. Strengthen the body. And open the heart.
Bring body and soul into harmony. Forget the hustle and bustle of everyday life.
Welcome to the yoga autumn in Gastein.

Verena Lainer

Hatha, Flow, Meditation,
Pranayama and Aerial Yoga

"The fascination of movement in combination with our breathing and the resulting stillness led me early on to yoga and meditation. From this has grown a love for the moving body - combined with deep and conscious breathing to arrive completely in the here & now and become still".



Damara Berger

Yoga, Pranayama ,
Contemplation and Meditation

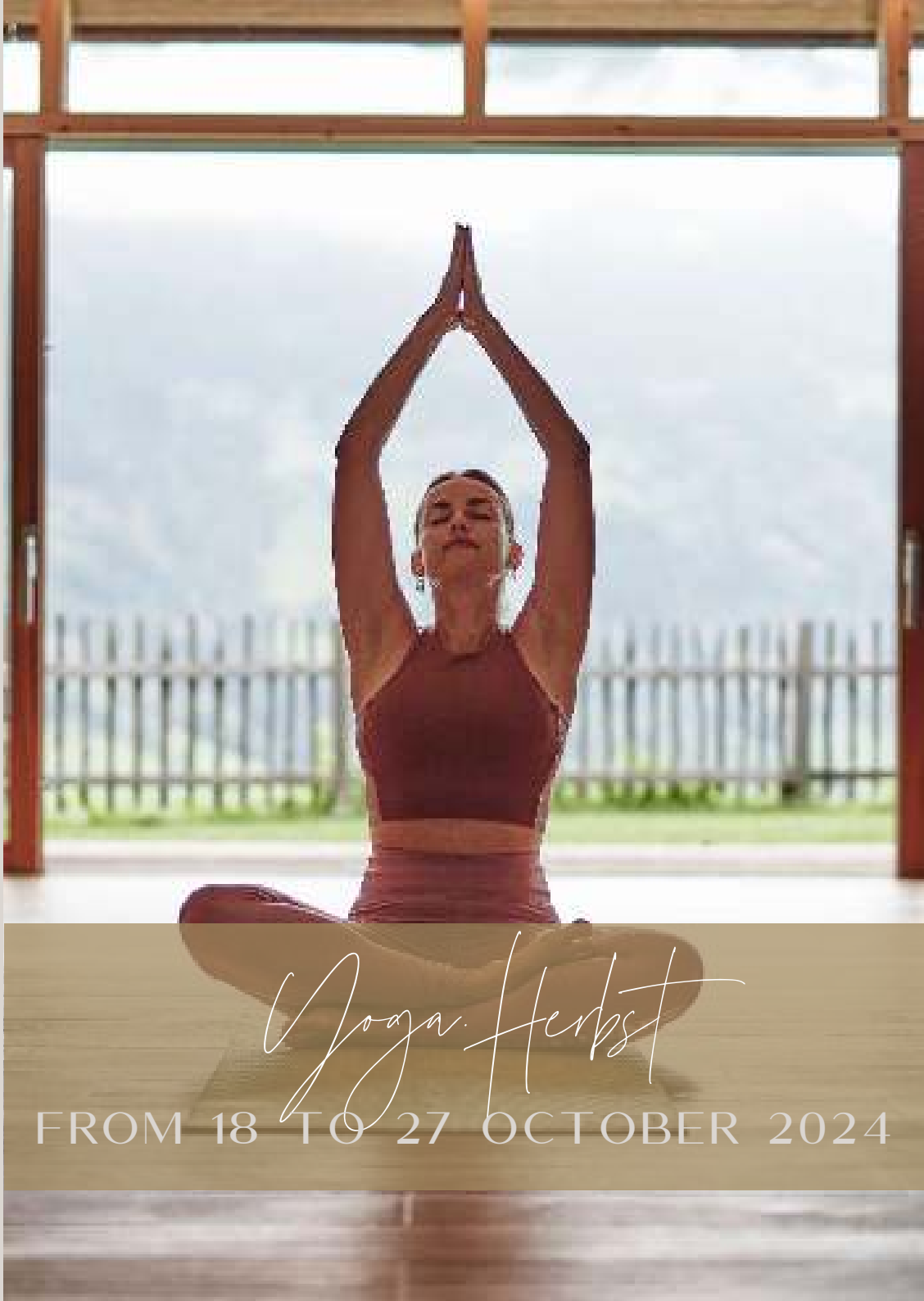
"Working on wellness, health and deep connection through our bodies remains my daily focus when teaching yoga. I am grateful for the inspiration that has arisen and grown over the past 20 years of teaching yoga. My special interest lies in the role of yoga also as a healing exercise practice on all levels of our being. Yoga is accessible to every person."

Anke Egger

Embodied Flow, Yin, Aerial,
Yoga Nidra, Embodied Meditation

Yoga offers a framework to get into feeling, to try out, to play and to explore: "How does "this" feel right now? What do I need today? What is too much?" We combine breath and movement to bring awareness into the body and strengthen the connection to ourselves. In the process, we repeatedly take pauses for feeling. Dynamic, playful and "without eso". For all who enjoy movement."

These yoga sessions at our house are free of charge for our guests.



YOGA.AUTUMN GASTEIN

Program overview - Yoga.sessions at DAS.GOLDBERG

All units are suitable for beginners to advanced users.

FRIDAY, 18.10.2024

◊◊ 08.00 - 09.30 a.m. • Embodied Yoga Flow | Rising from the roots
dynamic session with Anke Egger

◊◊ 05.00 - 06.30 p.m. • Relaxed Aerial Yoga
gentle session with Anke Egger

SATURDAY, 19.10.2024

◊◊ 08.00 - 09.30 a.m. • Embodied Yoga Flow | Pause & Reset
dynamic session with Anke Egger

◊◊ 03.00 - 04.30 p.m. • Aerial Yoga Playtime
dynamic session for alle levels with Anke Egger

◊◊ 05.00 - 06.30 p.m. • 100% Yin from heart
gentle session with Anke Egger

SUNDAY, 20.10.2024

◊◊ 08.00 - 09.30 a.m. • Aerial Yoga Close to the Ground for Awakening
with Anke Egger

◊◊ 03.00 - 04.30 p.m. • Aerial Yoga | Playtime
with Verena Lainer

◊◊ 05.00 - 06.30 p.m. • Embodied Flow Yoga | Freedom of the Heart
with Anke Egger

MONDAY, 21.10.2024

◊◊ 08.00 - 09.30 a.m. • Embodied Flow Yoga | Unravelling
with Anke Egger

◊◊ 03.00 - 04.30 p.m. • Aerial Yoga | Playtime
with Verena Lainer

◊◊ 05.00 - 06.30 p.m. • Strength Lies in Stillness | Walking Meditation and Classical Hatha Yoga
with Verena Lainer

TUESDAY, 22.10.2024

◊◊ 08.00 - 09.30 a.m. • The Power of Your Thoughts | "Standings" - Yoga Standing Poses
with Verena Lainer

◊◊ 05.00 - 06.30 p.m. • Gentle Conclusion | Feel Your Inner Self with Meditation
with Verena Lainer

WEDNESDAY, 23.10.2024

◊◊ 08.00 - 09.30 a.m. • Mobility in Shoulders & Hips | Binding Yoga Poses
with Damara Berger

◊◊ 05.00 - 06.30 p.m. • Slow, Gentle, Seated Flow and Yoga Nidra
with Damara Berger

THURSDAY, 24.10.2024

◊◊ 07.30 - 09.00 a.m. • Yoga for the Immune System
with Damara Berger

◊◊ 05.00 - 06.30 p.m. • Contemplation, Meditation, and Yoga Nidra | The 3 guṇas
with Damara Berger

FRIDAY, 25.10.2024

◊◊ 07.30 - 09.00 a.m. • Yoga for the Immune System
with Damara Berger

◊◊ 05.00 - 06.30 p.m. • Contemplation, Meditation, and Yoga Nidra | The 3 guṇas
with Damara Berger

SATURDAY, 26.10.2024

◊◊ 07.30 - 09.00 a.m. • Find Your Balance | Exercises to Strengthen Core & Balance
with Damara Berger

◊◊ 03.00 - 04.30 p.m. • Slow, Meditative Movements and Deep Relaxation
with Damara Berger

◊◊ 05.00 - 06.30 p.m. • Sūrya Namaskār & Sarvāṅgāsana
with Damara Berger

SUNDAY, 27.10.2024

◊◊ 08.00 - 09.30 a.m. • Awakening the Powerful Fire Within You | Let's Get Flowing
with Verena Lainer

◊◊ 03.00 - 04.30 p.m. • Aerial Yoga | Restorative Gentle Practice
with Verena Lainer

◊◊ 05.00 - 06.30 p.m. • Liquid Flow | Arm and Leg Balance
with Verena Lainer