

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 spring in Gastein.



VERENA LAINER

Hatha, Flow and
Pranayama 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".



ANKE EGGER

Embodied Flow,
Aerial, Nidra and Yin Yoga

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 ego". For all who enjoy movement."



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



YOGA.SPRING GASTEIN

Program overview - Yoga.sessions at DAS.GOLDBERG

All units are suitable for beginners to advanced users.

THURSDAY, 29.05.2025

◊◊ 17.00 - 18.30 p.m. Yoga Nidra
with Anke Egger

FRIDAY, 30.05.2025

◊◊ 08.00 - 09.30 a.m. Aerial Yoga close to the ground for awakening
with Anke Egger

◊◊ 17.00 - 18.30 p.m. Hatha und Pranayama | slow, gentle evening session
with Verena Lainer

SATURDAY, 31.05.2025

◊◊ 08.00 - 09.30 a.m. Embodied Flow Yoga | Freedom of the Heart
with Anke Egger

◊◊ 15.00 - 16.30 p.m. Gentle Aerial Yoga
with Anke Egger

◊◊ 17.00 - 18.30 p.m. 100% Yin | Happy Hips
Relaxing for hips and lower back
with Anke Egger

SUNDAY, 01.06.2025

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

◊◊ 15.00 - 16.30 p.m. Aerial Yoga Playtime | Dynamic session
with Anke Egger

◊◊ 17.00 - 18.30 p.m. Hatha and Flow for a healthy back
with Verena Lainer