

08.
Jul 2025

Mindfulness & Energy Work at Hotel Damülser Hof - Wellness & Spa

🕒 Tuesday 15:00 o'clock

Duration: 1 hour

Vacations are all about recharging your batteries and finding a balance to everyday life. The best way to do this is in a wonderful setting with a yoga or meditation session (also outdoors in good weather). Whether beginner or advanced - there is something for everyone!

Description

Mindfulness & exercise program at the Hotel Damülser Hof - Wellness & Spa

TUESDAY | THURSDAY | HOTEL DAMÜLSER HOF | DAMÜLS

Vacations are all about recharging your batteries and finding a balance to everyday life. The best way to do this is in a wonderful setting with a yoga or meditation session. Whether beginner or advanced - there is something for everyone!

Times Tuesday: 3.00 pm Full Body Stretch, 4.00 pm "KINOCA", 5.00 pm Progressive Muscle Relaxation

Thursday times: 3.00 pm "KINOCA", 4.00 pm Progressive Muscle Relaxation, 5.00 pm Healthy Back & Hips

Just give us a call to book in advance. Our professional trainer looks forward to seeing you!

Dates: from 24.12.2024

Weekdays: Tuesday and Thursday

Time: 15.00 / 16.00 / 17.00 hrs

Cost: €15 per session or block of 5 for €60

Registration: until the day before under: +43 (0) 5510 -210

Meeting point: Reception Hotel Damülser Hof



Venue

Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

[\(+43\) 5510 210](tel:+435510210)

hotel@damuelserhof.at

<https://www.damuelserhof.at> ↗



Organizer

Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

[\(+43\) 5510 210](tel:+435510210)

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further dates

date

08.07.2025

10.07.2025

15.07.2025

time

15:00 o'clock

15:00 o'clock

15:00 o'clock

date	time
17.07.2025	15:00 o'clock
22.07.2025	15:00 o'clock
24.07.2025	15:00 o'clock
29.07.2025	15:00 o'clock
31.07.2025	15:00 o'clock
05.08.2025	15:00 o'clock
07.08.2025	15:00 o'clock