

# Entspannungsabende in der Natur mit Silvia

Leave everyday life behind you and return to your inner center.

## Guest Cards



**Guest Card Premium**



**Brandnertal, Bludenz, Klostertal Guest Card**

## Arrival Information

**Arrival by public transport:**

Landbus 720, bus stop "Bings Alfenzbrücke/Stallehr", then 10 min by foot. The exact connections can be found at [www.vmobil.at](http://www.vmobil.at). Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

## Equipment

Come in comfortable clothing, bring your favorite pillow and a soft blanket.

## Description

Leave everyday life behind you and return to your inner center.

Experience a place of peace and serenity. Surrounded by the silence of nature and the calming aura of the horses, I offer you space for a time-out full of relaxation and recuperation. With mediation, progressive muscle relaxation and fantasy journeys, you can calm your senses, reduce stress and recharge your batteries.

## Hint / Advice

The relaxation session only takes place in good weather. The horses are located nearby, but in a separate area. Participation is therefore possible for everyone, even without direct contact with the horses.

## Price

with Guest Card:  
€ 20.00 per person

without Guest Card:  
€ 25.00 per person

## Anmeldung

by 12:00 on the same day, with Silvia Plangg: T +43 664 111 7631

## Guest card services



### Venue

Stallehr

+43 664 11 17 631



### Organizer

Pferdegestütztes Coaching

+43 664 11 17 631

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