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

PENDING TH, 15.01.2026

🕒 Thursday 15:00 o'clock

Duration: 2 hours

📍 [view on map](#)

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!

## all dates

date	time
Th, 15.01.2026	15:00 o'clock
Tu, 20.01.2026	15:00 o'clock
Th, 22.01.2026	15:00 o'clock
Tu, 27.01.2026	15:00 o'clock
Th, 29.01.2026	15:00 o'clock
Tu, 03.02.2026	15:00 o'clock
Th, 05.02.2026	15:00 o'clock
Tu, 10.02.2026	15:00 o'clock
Th, 12.02.2026	15:00 o'clock
Tu, 17.02.2026	15:00 o'clock

## Links

> [Homepage](#)









## Venue

### Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

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

[hotel@damuelserhof.at](mailto:hotel@damuelserhof.at)

<https://www.damuelserhof.at> ↗



## Organizer

### Damülser Hof - Wellness & Spa e.U.

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