

**Events 10.10.2025 - 17.10.2025****Friday, 10.10.2025****Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

**08:00 - 09:15****Morning Slow Flow Yoga**

A heart-opening sequence to welcome the light within you. Create space in your chest area, release tension in your shoulders and heart area, breathe more deeply, show vulnerability – and gently release emotional blockages. Breathing techniques focusing on the chest, including Kumbhaka (breath retention) Meditation: Guided heart meditation – for inner clarity, wisdom and connection to your highest self. Compassion for yourself and all living beings arises. When the weather is nice, the yoga class takes place outdoors.

Registration until 8 p.m. on the evening before

18,00€ per person

Where: Goldener Berg

**10:30 - 11:30****Element Light - Soundbath & Chanten**

Let yourself be carried away by healing sounds and experience the transformative power of the voice. Vibrating frequencies and communal chanting bring body and mind into harmony – for deep relaxation and inner radiance. Afterwards, you will be guided through a meditation and bathe once again in the melodies of the singing bowls. Experience a deep connection with nature and with yourself.

Registration until 8 p.m. on the evening before

Price: 18,00 € per person

Where: Hotel Goldener Berg

**17:30 - 18:30****Evening Yin Yoga - Restorative Session**

Deep relaxation with quotes for each asana that awaken your inner light, clarity and compassion. Registration possible until 12:00 noon on the same day.

18,00€ per person

Where: Goldener Berg

**18:00 - 19:00****EVENING RELAX**

Evening yoga with a short, guided meditation for a relaxing evening.

Registration: [info@burghotel-lech.com](mailto:info@burghotel-lech.com) or +43 5583 2291

Cost: € 15.00 per unit for external participants

Where: Burg Hotel Lech am Arlberg

**18:00****Happy Afterwork at the Tannbergerhof**

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

**Saturday, 11.10.2025****Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

## Events 10.10.2025 - 17.10.2025

### Saturday, 11.10.2025

**08:00 - 09:15**

#### **Morning Hatha Flow Yoga**

Grounding practice that strengthens your connection to the earth. The focus is on stability and balance – physically, mentally and energetically. Asanas activate the root chakra and promote a feeling of security and inner strength. Breath control from the feet to the crown of the head brings centring.

Meditation:

Visualisation journey to the centre of the earth – experience support, nourishment and trust in the sustaining power of the earth. When the weather is nice, the yoga class takes place outdoors!

Registration until 8 p.m. on the evening before

Price: €18.00 per person

Where: Hotel Goldener Berg

**09:00 - 10:00**

#### **YOGA & PILATES am Berg**

Experience a special yoga class on the idyllic yoga platform below the majestic Mohnenfluh – suitable for all levels.

Registration: [info@burghotel-lech.com](mailto:info@burghotel-lech.com) or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

**16:30 - 18:00**

#### **Alpine bathing Element Earth followed by yoga**

We connect with the element of earth through mindful alpine bathing – a conscious immersion in alpine nature with all our senses. Surrounded by forests, meadows and fresh mountain air, we feel the power of the earth and arrive fully in the moment. Afterwards, we let the effects of this experience linger in a gentle yoga session – for inner peace and new grounding. Through deep relaxation with grounding postures and inspiring quotes that convey security, presence and reconnection with nature.

Registration possible until 12:00 noon on the same day.

€36,00 per person

Where: Goldener Berg

**18:00 - 19:00**

#### **EVENING WEEKEND SPECIAL**

Yoga and Tapping E.F.T.

Registration: [info@burghotel-lech.com](mailto:info@burghotel-lech.com) or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

**Events 10.10.2025 - 17.10.2025****Saturday, 11.10.2025****18:30****Flat Iron to Porterhouse**

Carnal delights and steakhouse moments

When it comes to food, we are known for not making any compromises. And we only source meat that does not come from our own game hunt from trusted suppliers. Served with classic steakhouse side dishes and a glass of wine from our famous wine cellar.

WHEN? Saturday, 30 August 2025

WHERE? Burg Restaurant

GOOD TO KNOW: We recommend booking a table in advance. At the castle reception, by phone or by e-mail: [info@burghotel-lech.com](mailto:info@burghotel-lech.com).

**21:15 - 23:30****Burg Brunch**

This Saturday, it's time for one last email: live music from DJ Rouven and fine drinks. Everybody is welcome!

WHERE? Burg Hotel Lech am Arlberg

**Sunday, 12.10.2025****Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

**08:00 - 09:15****Morning yoga – start your day with clear focus!**

This morning yoga session helps you to collect your thoughts and consciously focus your attention on what is important. Stabilising postures, mindful movement and breathing exercises create inner peace and concentration – the ideal foundation for a focused and mindful start to the day. When the weather is nice, the yoga class takes place outdoors. Suitable for all levels!

Followed by: a soothing morning meditation.

Registration until 8 p.m. the evening before.

€18,00 per person.

Where: Goldener Berg

**08:00 - 09:00****WAKE UP YOGA**

Energising morning practice and yoga

Registration: [info@burghotel-lech.com](mailto:info@burghotel-lech.com) or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

**09:30 - 10:30****family yoga**

Enjoy a yoga class together with your children – an experience not to be missed! Learn relaxation techniques that are easy to replicate at home – for the whole family!

When the weather is nice, the yoga class takes place outdoors, otherwise in our yoga room in the spa area.

18€ per adult, children free of charge

Including breakfast 50€ per adult, 18€ per child

Registration until 8 p.m. on the evening before

Where: Goldener Berg



**Events 10.10.2025 - 17.10.2025****Sunday, 12.10.2025****10:30 - 13:30****Burg Brunch**

At our brunch we serve the finest savoury delicacies such as sausage and cheese. And of course: jam and delicious sweets are also available.

WHEN?

October: 12.10.

WHERE? In the Burg Restaurant

GOOD TO KNOW: We recommend booking in advance. At the castle reception, by phone or by e-mail: [info@burghotel-lech.com](mailto:info@burghotel-lech.com).

**12:00****Lunch every Sunday**

Every Sunday, we invite you to join us for lunch that brings back memories – and we mean that literally: hearty classics are served at the 'Rein' – just like at grandma's or mum's, where you share, try and go back for seconds. No frills – just honest, seasonal cuisine accompanied by a large bowl of salad, familiar conversations and lively family gossip. In keeping with the season, our dishes vary from Sunday to Sunday – sometimes hearty, sometimes light, but always cooked with love and served from the Rein. There is always a bowl of fresh salad to go with it – sometimes summery and colourful, sometimes autumnal and aromatic. Further information:

<https://www.goldenerberg.at/de/gourmethotel-arlberg/der-sonntag-am-goldenen-berg/>

Where: Goldener Berg

**15:00 - 22:00****Late Night Spa**

End your Sunday evening in style at our spa, enjoying the view of the beautiful mountains and swimming a few laps in our outdoor pool. Then relax in the Finnish or bio sauna for a while before finishing off with a nice cup of tea. Sunday couldn't get any better!

Registrations possible until 12:00 noon on the same day

€48,00 per person

20% discount for locals and employees.

Where: Hotel Goldener Berg

**17:30 - 18:30****Post-Hiking Recovery - Yoga in the evening**

In this regenerating evening class, we focus specifically on recovery after hiking. Through gentle stretching and mobilising movements, we release tension in the legs and back, relieve sore muscles and promote a feeling of balance and inner peace. Ideal for bringing body and mind back into balance after an active day in nature.

When the weather is nice, the yoga class takes place outdoors!

Registrations possible until 12:00 noon on the same day

€18.00 per person

Where: Goldener Berg

**18:00 - 19:00****GENTLE EVENING PRACTICE**

Gentle yoga and breathing to calm the nervous system and prepare for the evening.

Registration: [info@burghotel-lech.com](mailto:info@burghotel-lech.com) or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

**Events 10.10.2025 - 17.10.2025****Sunday, 12.10.2025****18:00****Happy Afterwork at the Tannbergerhof**

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof

**Monday, 13.10.2025****Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202  
Where: Tannbergerhof, Lech

**08:00 - 09:15****Morning yoga – start your day with clear focus!**

This morning yoga session helps you to collect your thoughts and consciously focus your attention on what is important. Stabilising postures, mindful movement and breathing exercises create inner peace and concentration – the ideal foundation for a focused and mindful start to the day. When the weather is nice, the yoga class takes place outdoors.  
Suitable for all levels! Followed by: a soothing morning meditation.  
Registration until 8 p.m. on the evening before  
18.00€ per person  
Where: Goldener Berg

**11:30 - 12:00****Strong centre - Gentle & stable**

A strong centre creates balance - in the body and in life. In this mindful session with Laura, the focus is on gently strengthening the centre of the body. Elements from Pilates are combined with conscious breathing and stabilising exercises to create a beneficial workout for the abdomen, back and pelvic floor. Core training is not a classic fitness session - rather an invitation to gently activate the deep muscles, improve posture and strengthen inner stability. Ideal for anyone who wants to bring more strength and stability into their everyday life with ease and mindfulness.  
Registrations until 8 p.m. on the evening before  
Price: 18.00 € per person  
Where: Hotel Goldener Berg

**17:30 - 18:30****Afternoon - Yin Yoga**

End the day in a relaxed manner with a soothing Yin Yoga session. This session will help you reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your sense of well-being.  
Whenever the weather permits, yoga takes place outdoors.  
Registration is possible until 12:00 noon on the same day.  
Where: Goldener Berg  
€18.00 per person

**18:00****Happy Afterwork at the Tannbergerhof**

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Daily from 6 pm - 8 pm  
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## Events 10.10.2025 - 17.10.2025

### Tuesday, 14.10.2025

#### **Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

**08:00 - 09:15**

#### **Morning Slow Flow Yoga**

A mindful, slow flow that connects you with the element of water. Flowing movements in rhythm with your breath promote qualities such as grace, resilience and receptivity. The practice focuses on the hips, iliopsoas and sacral chakra. Breathing techniques such as Nadi Shodhana, Sitali and alternate nostril breathing cleanse and balance your system.

Meditation:

'Water rises' – a cleansing, refreshing meditation to clear the mind and let go of stressful thoughts.

Registrations until 8 p.m. on the evening before

18,00€ per person

Where: Goldener Berg

**10:30 - 12:00**

#### **Hike to Libellensee Lake – In harmony with the element of water**

Together, we hike from Oberlech through green meadows, accompanied by the gentle sound of babbling brooks – always connected to the element of water. Nature invites us to leave everyday life behind and immerse ourselves in the tranquillity of the moment. Once we arrive at the tranquil Libellensee lake, we enjoy a refreshing Kneipp treatment in the clear mountain water – invigorating for body and mind. Afterwards, a guided meditation in the midst of nature accompanies us to consciously feel the power of water and find inner peace.

A soothing break for body, mind and soul.

Registration until 8 p.m. the evening before.

18,00€ per person.

Where: Goldener Berg

**17:30 - 18:30**

#### **Evening Yin Yoga - Restorative Session**

A deeply relaxing practice that brings the Taoist principle of Wu Wei ('non-doing') to life. Each posture is accompanied by an inspiring quote – flow symbolically like a river, learn to let go, develop trust and surrender to the natural changes of life.

Registration possible until 12:00 noon on the same day

18,00€ per person

Where: Goldener Berg

**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Wednesday, 15.10.2025

#### **Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech



## Events 10.10.2025 - 17.10.2025

### Wednesday, 15.10.2025

**08:00 - 09:15**

#### **Morning Hatha Flow**

An airy, conscious breathing flow that connects you with the element of air. The focus is on prana – the life energy that flows through the breath. Asanas promote body awareness, lightness and openness through the hands and feet. The practice strengthens awareness of giving and receiving in harmony with nature.

Meditation:

A guided journey beyond the physical body – towards expansiveness, lightness and inner space. Return with a sense of new possibilities and visionary openness.

Registrations until 8 p.m. the evening before.

Price: €18.00 per person

Where: Hotel Goldener Berg

**12:00 - 13:00**

#### **Element Air - Pranayama**

Pranayama ('prana' = life energy, 'yama' = control) Breathing is our most direct connection to life and also the bridge between body and mind. Conscious breathing has the power to relax the nervous system, calm the mind and bring the entire system into harmony. Surrounded by the magic of the forest, we discover breathing techniques that awaken our life energy (prana), our presence and mental clarity. By paying attention to the unconscious process of inhaling and exhaling – of giving and receiving – we connect with nature and with ourselves.

Registration until 8 p.m. the evening before

Where: Goldener Berg

€18,00 per person

**14:00 - 16:00**

#### **Cooking class with chef Theo**

Here you have the opportunity to prepare a dish from the current daily menu together with our chef Theo – alternating between starters and main courses, depending on the day, from our vegan, ketogenic or alkaline menu. During the course, Theo provides exciting insights into his creative cooking process and explains the high-quality products we work with every day. An exclusive look behind the scenes – personal, inspiring and in a small group.

Where: Hotel Goldener Berg

Number of participants: 2 to 4 people (first come, first served)

Advance registration by 8 p.m. the evening before

Participation fee: €60.00 per person

**16:00 - 17:00**

#### **Meditation with Ms Pfefferkorn**

This gentle, vibrating meditation from the OSHO tradition helps to harmonize body and mind.

Humming sounds and flowing hand movements create deep relaxation and inner balance. Ideal for letting go and recharging your batteries.

Where: Goldener Berg

Registration possible until 12:00 noon on the same day

Price: €18,00

## Events 10.10.2025 - 17.10.2025

### Wednesday, 15.10.2025

**17:30 - 18:30**

#### **Evening Yin & Restorative Session - dedicated to the element of air**

In this gentle evening practice, we immerse ourselves in the qualities of the element of air – lightness, expansiveness and clarity. Through mindful stretching, calm postures and conscious breathing, we open up space in our bodies and minds. Accompanied by inspiring quotes that invite us to let go and dream, we connect with our inner sense of freedom and stillness. An invitation to gently end the day, let your breath flow – and simply be.  
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**18:00**

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### Thursday, 16.10.2025

#### **Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

**08:00 - 09:15**

#### **Morning yoga followed by good morning meditation**

A powerful, energising session that ignites the fire element within you. Dynamic movements combined with held asanas activate Agni – the digestive fire in the solar plexus. The focus is on the abdomen, core and lateral stretches to strengthen the inner will. Breathing techniques that emphasise exhalation bring energy and have a detoxifying effect.

Followed by: a soothing morning meditation.

A fire meditation for transformation: everything that holds you back is handed over to the inner fire – and transformed into new clarity and visions.

Registration until 8 p.m. the evening before

€18.00 per person

Where: Goldener Berg

**17:30 - 18:30**

#### **Afternoon yoga**

A gentle practice with inspiring quotes that focus on the cleansing, transformative potential of fire – for inner cleansing, new alignment and renewal. When the weather is nice, the yoga class takes place outdoors! Suitable for all levels!

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## Events 10.10.2025 - 17.10.2025

### Thursday, 16.10.2025

**18:30 - 19:00**

#### **Meet & Greet on the Goldener Berg Terrace**

Let's end the day together on the terrace with a magnificent view of the mountains, with the crackling of the campfire in the background. Our Meet & Greet is a warm invitation to get together in nature: to arrive, chat, laugh and simply spend time together.

A moment to pause and talk.

Registration is possible until 12:00 noon on the same day.

Where: Goldener Berg

### Friday, 17.10.2025

#### **Butcher's plate at the Tannbergerhof**

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

**08:00 - 09:15**

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