

## Events 31.10.2025 - 07.11.2025

### Friday, 31.10.2025

#### **Pumpkin delights at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

**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**

#### **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

**20:00**

#### **Halloween Party**

Where: Tannbergerhof

Time: from 8 pm

### Saturday, 01.11.2025

#### **Pumpkin delights at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

## Events 31.10.2025 - 07.11.2025

### Saturday, 01.11.2025

**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

**15:00 - 16:00**

#### **Air elements alpine bathing**

Experience winter at its quietest and most beautiful. Together, we venture out into the snow-covered landscape surrounding the hotel – where nature rests and invites us to do the same. In mindful silence, we walk across the fresh snow, feel the ground beneath our feet, breathe in the clear winter air and leave everyday life behind us step by step. Every movement, every breath becomes a little meditation in nature. This gentle winter experience brings peace, presence and connection – with yourself and the surrounding nature. No athletic demands, no rush – just you, the snow and the quiet power of the moment.

Price: €18.00 per person

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

Where: Hotel Goldener Berg

**17:30 - 18:30**

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

A soothing and regenerating yoga session that calms the body and mind. This practice invites you to connect with the element of fire – a symbol of inner warmth, transformation and renewal. Each posture is accompanied by inspiring quotes that ignite the fire of inspiration and purification and make the transformative power of this element tangible.

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

€18.00 per person

**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

### Sunday, 02.11.2025

#### **Pumpkin delights at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

## Events 31.10.2025 - 07.11.2025

### Sunday, 02.11.2025

**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

**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

**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



## Events 31.10.2025 - 07.11.2025

### Sunday, 02.11.2025

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, 03.11.2025

#### Pumpkin delights at the Tannbergerhof

Reservation requested under T.: +43 5583 2202  
Where: Hotel Tannbergerhof

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

11:00 - 12:00

#### Afternoon - Yin Yoga

A soothing and invigorating experience in winter nature. This mindful hike invites you to consciously experience the silence and clarity of winter and feel the power of the elements. Accompanying impulses and inspiring thoughts open your eyes to the beauty of the moment and allow inner peace and connectedness to arise – step by step, through the glittering snow.  
Registration possible until 8 p.m. the evening before.  
€18.00 per person

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

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

### Tuesday, 04.11.2025

#### Pumpkin delights at the Tannbergerhof

Reservation requested under T.: +43 5583 2202  
Where: Hotel Tannbergerhof

## Events 31.10.2025 - 07.11.2025

### Tuesday, 04.11.2025

**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**

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**

#### **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, 05.11.2025

#### **Pumpkin delights at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

## Events 31.10.2025 - 07.11.2025

### Wednesday, 05.11.2025

**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

**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

**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.

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

€18.00 per person

Where: Goldener Berg

**18:00**

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

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## Events 31.10.2025 - 07.11.2025

### Thursday, 06.11.2025

#### **Pumpkin delights at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Hotel Tannbergerhof

**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!

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

€18.00 per person

Where: Goldener Berg

**18:00**

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

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Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

**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, 07.11.2025

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

## Events 31.10.2025 - 07.11.2025

### Friday, 07.11.2025

**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.

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Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof