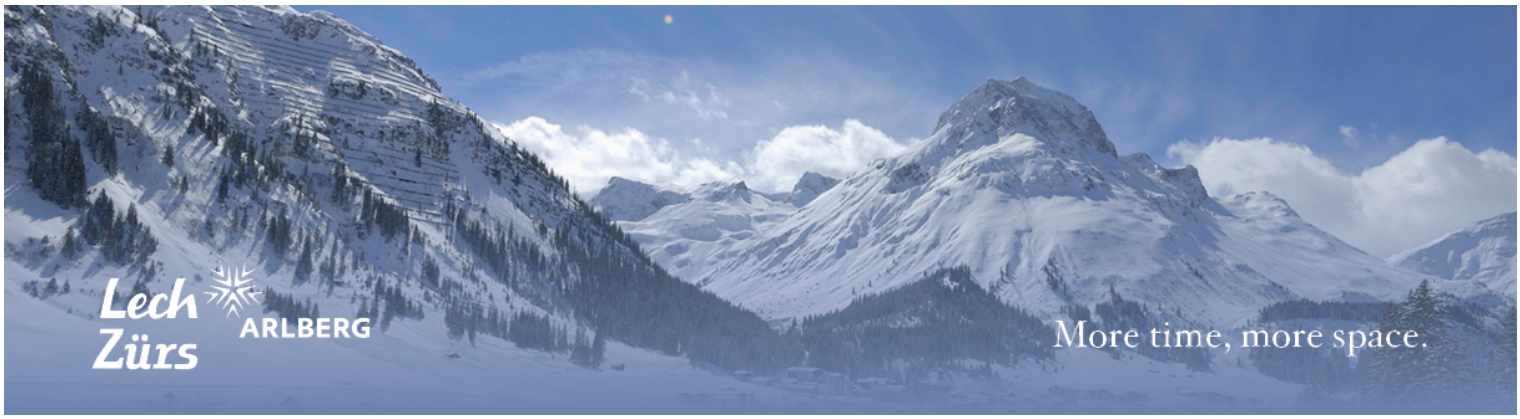


Events 06.11.2026 - 13.11.2026

Friday, 06.11.2026

08:00 - 10:30 **Yoga & Brunch**

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

12:00 - 21:00 **A Culinary Delight This Fall—Goose Feast**

Autumn Tradition at Tannbergerhof:
Everything revolves around the popular seasonal classic, goose eating.
Look forward to hearty enjoyment and cozy hours in a sociable gathering in the heart of Lech.
Start: 12 a.m. - 9 p.m.

15:00 - 16:00 **Pilates**

The focus is on body awareness, control, and alignment – for more balance, lightness, and inner strength in everyday life.
The practice is suitable for all levels and helps to gently strengthen the body, relieve tension, and gain new energy.
3:00 p.m. - 4:00 p.m. at the Hotel Goldener Berg | Price: € 20,-

17:30 - 18:30 **Post Hiking Recovery Yoga**

Post Hiking Recovery Yoga is the perfect complement after an active day in the mountains – ideal for regenerating the body and replenishing energy.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price: € 20,-

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

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

Saturday, 07.11.2026

08:00 - 09:15 **Slow Flow Yoga with Savasana**

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.
8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

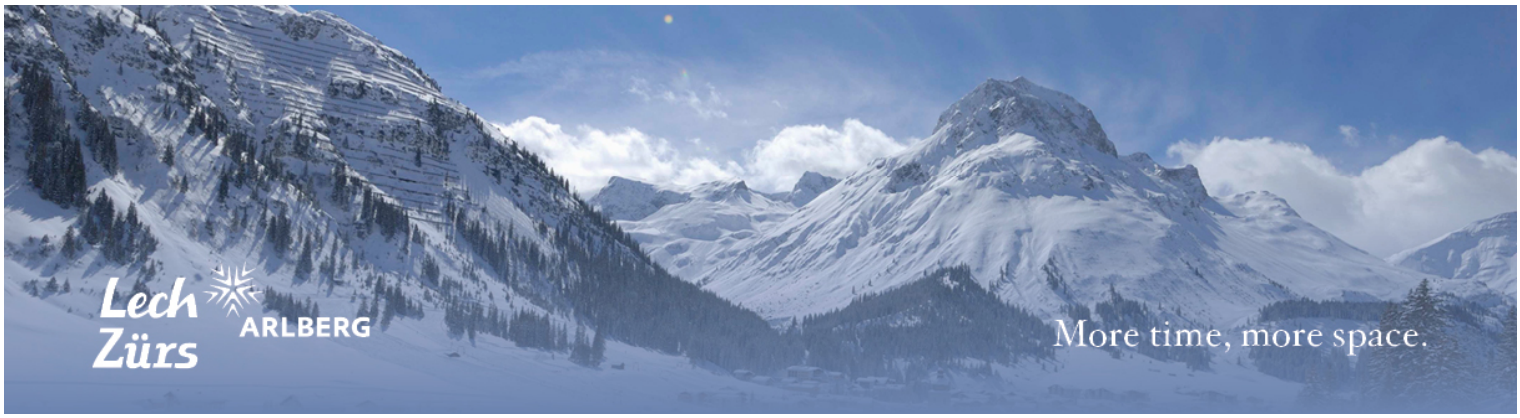
08:00 - 10:30 **Yoga & Brunch**

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8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

12:00 - 21:00 **A Culinary Delight This Fall—Goose Feast**

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Start: 12 a.m. - 9 p.m.

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Events 06.11.2026 - 13.11.2026

Saturday, 07.11.2026

15:00 - 16:00 **Meditation & Breathing exercises**

This gentle, swinging meditation from the OSHO tradition helps to harmonize body and mind. Through humming sounds and flowing hand movements, deep relaxation and inner balance are achieved. Ideal for letting go and recharging.
4:00 p.m. - 5:00 p.m. at Hotel Goldener Berg | Price: € 20,-

17:00 - 18:30 **Element Earth – Barefoot Alpine Experience**

Barefoot alpine bathing is ideal for anyone looking to recharge, let go of stress, and experience nature in a particularly primal way.
5:00 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 25,-

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

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

Sunday, 08.11.2026

08:00 - 09:00 **Aqua Yoga - Aqua Fit Class**

Experience the special combination of movement, water, and lightness in our unique pool setting.
8:00 a.m. - 9:00 a.m. at Hotel Goldener Berg | Price: € 20,-

08:00 - 10:30 **Yoga & Brunch**

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

12:00 - 21:00 **A Culinary Delight This Fall—Goose Feast**

Autumn Tradition at Tannbergerhof:
Everything revolves around the popular seasonal classic, goose eating.
Look forward to hearty enjoyment and cozy hours in a sociable gathering in the heart of Lech.
Start: 12 a.m. - 9 p.m.

12:00 **sundays - family lunch**

Enjoy Sundays together – time for the whole family!
Make your Sunday a special experience and spend valuable time with your loved ones over a delicious joint lunch.
Starting at 12:00 p.m. at Hotel Goldener Berg

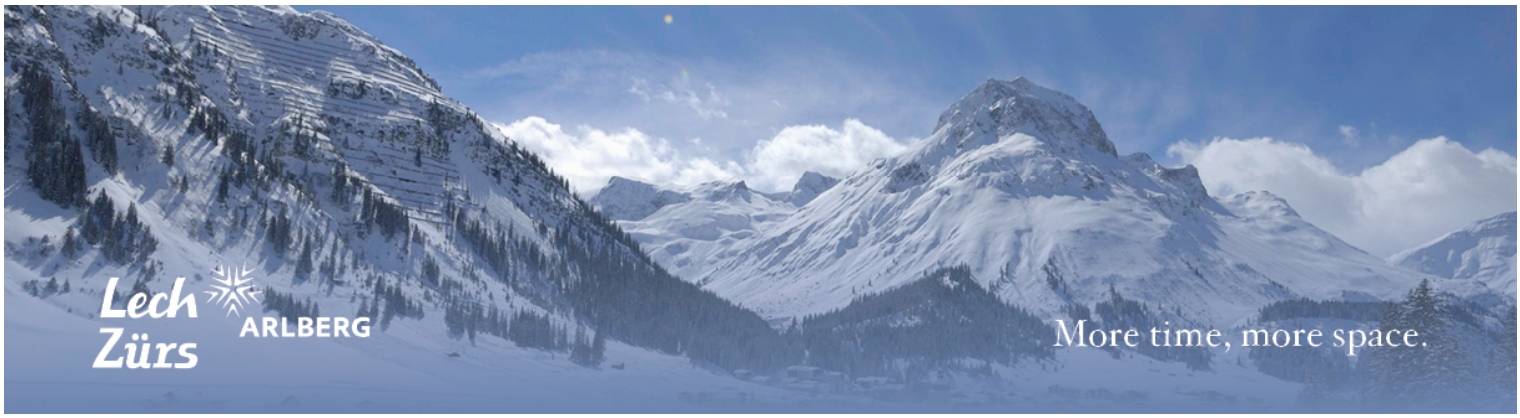
15:00 - 22:00 **Late Night Spa**

Experience an evening full of relaxation, tranquility, and enjoyment – and let the day harmoniously come to a close in an atmosphere of warmth, water, and mountain panorama.
3:00 p.m. - 10:00 p.m. at Hotel Goldener Berg | Pre-registration at +43 5583 22050

17:30 - 18:30 **Yin Yoga & Yoga Nidra**

Suitable for everyone, yoga nidra is a gentle yet profound practice for emotional and mental well-being.
7:30 p.m. - 8:30 p.m. at Hotel Goldener Berg | Price: € 20,-

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Events 06.11.2026 - 13.11.2026

Sunday, 08.11.2026

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

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

Monday, 09.11.2026

08:00 - 09:15 **Slow Flow Yoga with Savasana**

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.
8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30 **Yoga & Brunch**

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

10:30 - 11:30 **Element Light – Sound Bath & Chanting**

Allow yourself to be carried away by healing sounds and experience the transformative power of the voice. Vibrating frequencies and collective mantra chanting bring body and mind into harmony – for deep relaxation and inner radiance. Finally, you will be guided through a meditation and bathe once again in the melodies of the singing bowls.
Experience the deep connection with nature and with yourself.
10:30 a.m. - 11:30 a.m. at Hotel Goldener Berg | Price: € 20,-

12:00 - 21:00 **A Culinary Delight This Fall—Goose Feast**

Autumn Tradition at Tannbergerhof:
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Start: 12 a.m. - 9 p.m.

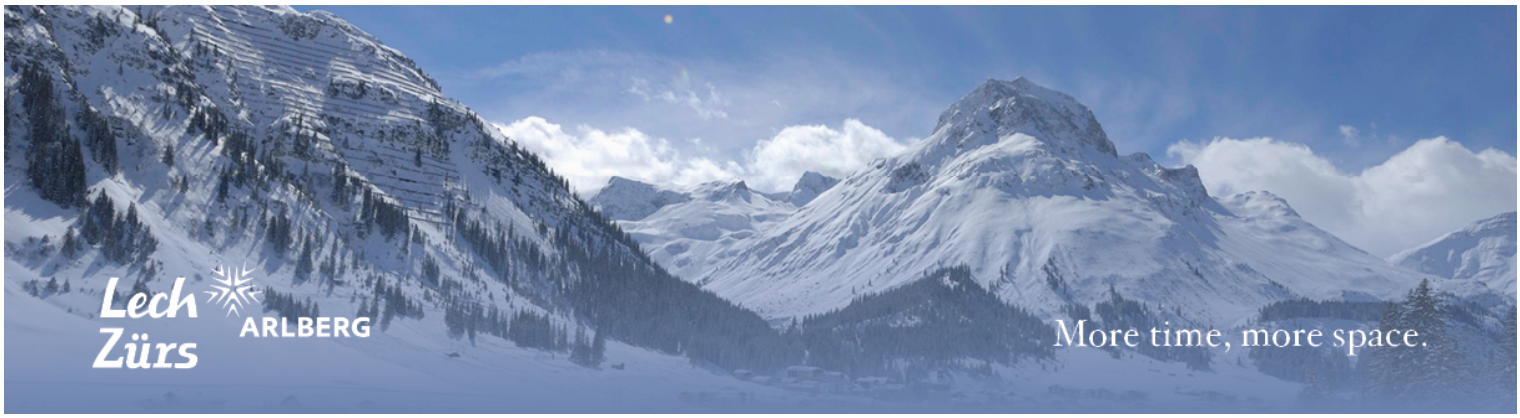
17:30 - 18:30 **Yin Yoga**

Yin Yoga in the evening is a quiet, meditative practice that gently lets the day wind down and leads both body and mind into deep relaxation. In long, passive stretches, the deeper tissue layers such as fascia, ligaments, and joints are mindfully addressed.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-

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

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

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Events 06.11.2026 - 13.11.2026

Tuesday, 10.11.2026

08:00 - 09:15 **Power Yoga & Savasana**

Cardio Yoga is the perfect combination of flowing movement, conscious breathing, and gentle strengthening – ideal for anyone looking to harmonize body and mind while also improving their endurance.
8:00 a.m. to 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30 **Yoga & Brunch**

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

12:00 - 21:00 **A Culinary Delight This Fall—Goose Feast**

Autumn Tradition at Tannbergerhof:
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Start: 12 a.m. - 9 p.m.

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

Yin Yoga in the evening is a quiet, meditative practice that gently lets the day wind down and leads both body and mind into deep relaxation. In long, passive stretches, the deeper tissue layers such as fascia, ligaments, and joints are mindfully addressed.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-

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

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

18:30 - 19:30 **Fire Ceremony Around the Fire Pit**

Let's wind down the day together on the terrace with a magnificent view of the mountain world and the crackling of the campfire in the background.
Our meet & greet is a warm invitation to gather in nature: to arrive, exchange, laugh, and simply spend time together.
A moment to pause, talk.
6:30 p.m. - 7:30 p.m. at Hotel Goldener Berg

Wednesday, 11.11.2026

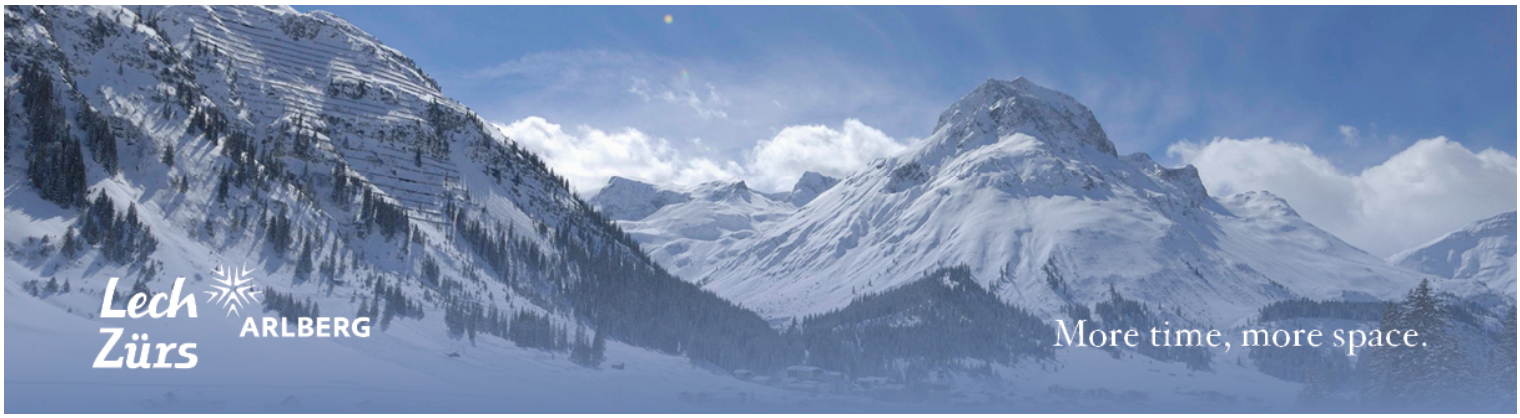
08:00 - 09:15 **Slow Flow Yoga with Savasana**

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.
8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30 **Yoga & Brunch**

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8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

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Events 06.11.2026 - 13.11.2026

Wednesday, 11.11.2026

10:30 - 12:00

The Element of Water – Alpine Bathing with Water Meditation

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 our everyday lives behind and immerse ourselves in the tranquility of the moment. Afterwards, we are guided in a meditation amidst nature to consciously feel the power of water and find inner peace.
10:30 a.m. - 12:00 p.m. at Hotel Goldener Berg | € 25,-

12:00 - 21:00

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17:30 - 18:30

Yin Yoga

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Happy Afterwork at the Tannbergerhof

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Where: Hotel Tannbergerhof

Thursday, 12.11.2026

08:00 - 09:15

Slow Flow Yoga with Savasana

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08:00 - 10:30

Yoga & Brunch

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10:30 - 12:00

Element of Air – Alpine Bathing, Pranamaya

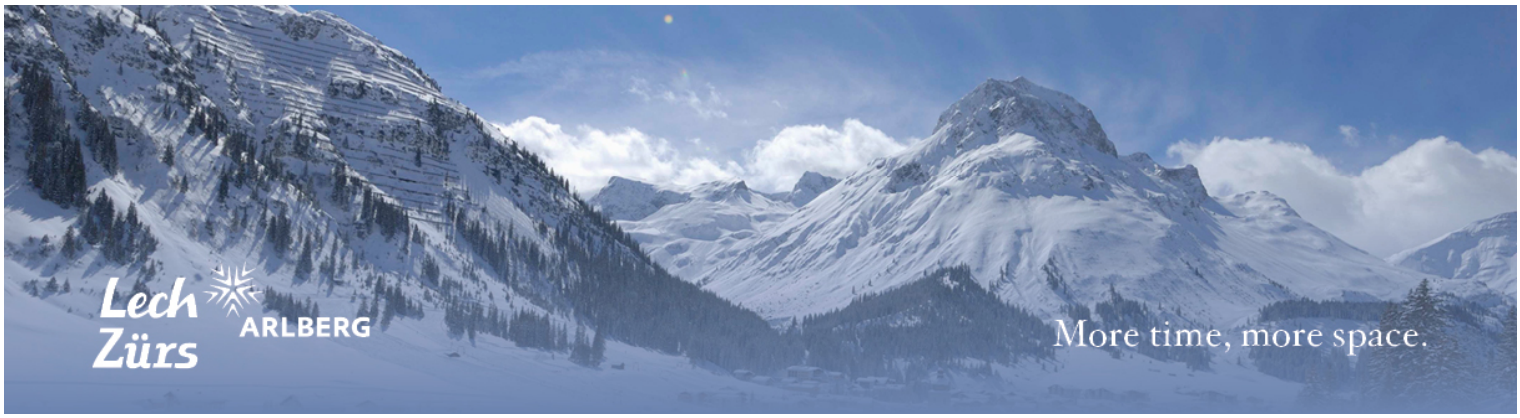
Feel the connection of nature, breath, and silence – and discover how beneficial genuine mindfulness can be amidst the mountains.
10:30 a.m. - 12:00 p.m. at the Hotel Goldener Berg | Price: € 25,-

12:00 - 21:00

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Events 06.11.2026 - 13.11.2026

Thursday, 12.11.2026

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