

10.  
Jun 2025

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

🕒 Tuesday 15:00 o'clock

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!

## Description

Mindfulness & exercise program at the Hotel Damülser Hof - Wellness & Spa

TUESDAY | THURSDAY | HOTEL DAMÜLSER HOF | DAMÜLS

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. Whether beginner or advanced - there is something for everyone!

Times Tuesday: 3.00 pm Full Body Stretch, 4.00 pm "KINOVA", 5.00 pm Progressive Muscle Relaxation

Thursday times: 3.00 pm "KINOVA", 4.00 pm Progressive Muscle Relaxation, 5.00 pm Healthy Back & Hips

Just give us a call to book in advance. Our professional trainer looks forward to seeing you!

**Dates:** from 24.12.2024

**Weekdays:** Tuesday and Thursday

**Time:** 15.00 / 16.00 / 17.00 hrs

**Cost:** €15 per session or block of 5 for €60

**Registration:** until the day before under: +43 (0) 5510 -210

**Meeting point:** Reception Hotel Damülser Hof



## Venue

### Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

(+43) 5510 210

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

<https://www.damuelserhof.at>



## Organizer

### Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

(+43) 5510 210

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

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## further dates

### date

10.06.2025

12.06.2025

17.06.2025

### time

15:00 o'clock

15:00 o'clock

15:00 o'clock

date	time
19.06.2025	15:00 o'clock
24.06.2025	15:00 o'clock
26.06.2025	15:00 o'clock
01.07.2025	15:00 o'clock
03.07.2025	15:00 o'clock
08.07.2025	15:00 o'clock
10.07.2025	15:00 o'clock