

# HOTEL POST BEZAU

by *Susanne Kaufmann*

Activity program 01<sup>st</sup> August until 07<sup>th</sup> August 2022

hotelpostbezau.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM		Morning Yoga Flow with Sandra	Morning Yoga Flow with Sandra	Sunrise Yoga with Claudia		Sunrise Yoga with Claudia	
09:00 AM					Morning Yoga Flow with Sandra		QiGong
10:00 AM		Bodyforming with Sandra					
12:00 AM							
02:30 PM				Pilates with Sandra			
04:00 PM	Pilates with Sandra	Behind the scenes at the cosmetics production* <sup>1</sup> (on request)	Bodega Moves with Sandra		Relax and Restore with Claudia	Yoga with Claudia	
04:30 PM				Detox Walk with Sandra			
05:00 PM	Deep Relax with Sandra		Stretching with Sandra		Face Yoga with Sandra		Pilates with Sandra
05:30 PM				Deep Relax with Sandra			
06:00 PM							Stretching with Sandra

**We ask for registration the evening before until 17:00 at the hotel reception.**

\* There is a fee for these program.

<sup>1</sup> For these program the meeting point is outside the hotel.

# Overview of the program

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## Detox Lab □

Explanation of our Detox Cuisine. What is there, and especially why is there our food so? What happens in the body and what you can do yourself to support? How do we prepare it and what you can implement at home.

## Guided tour in the local museum

During a guided tour of a typical farmhouse, preserved in the old style, you will learn interesting facts about life, customs and traditions in our region | Cost € 5.00 per person.

## Interesting facts - Food collection□

With the launch of our own food collection, we can also take care of you at home. With great products like juicings, granolas, detox bread mix, delicious soups or shots, you can integrate our healthy food products into your everyday life without much effort.

## Guided tour of the cosmetics production ●

The Susanne Kaufmann™ products are developed and produced at Ingo Metzler in Egg. The cost of the tour is Euro 20.00 per person.

## Meditation △

Mindfulness meditation is an attention centering training of the mind on the present moment. It is a practice of being non-judgmental with what is right now. Regular mindfulness meditation reduces stress reactions and thus has a positive effect on the healing process of stress-related illnesses. Meditation strengthens our resilience in the long term and over time we achieve more serenity, inner peace and contentment.

## Yoga △

During the yoga exercises you train strength, flexibility and balance. Our yoga classes are suitable for beginners and advanced.

## Deep Relax △

Mobility is the prerequisite for a life without restrictions. Gentle stretches strengthen general health and posture. This not only affects everyday life but also leads to a healthier sleep.

## Stretching △

Regular and targeted stretching promotes mobility and prevents tension. It also improves posture, relieves pain and reduces stress.

## Face Yoga △

Facial yoga is a natural lifting that stimulates blood circulation. This loosens cramps and can reduce puffiness and dark circles under the eyes. Face Yoga stimulates the metabolism and helps the skin produce important building blocks such as elastin and collagen.

## BREATHWORK-die Kraft des Atems □

Conscious and guided breathing exercises lead to a peaceful and contented state. Gentle stretching exercises prepare the body for the breathing exercises and create space for the breath to flow freely. This is an ideal preparation for better sleep and can help to better deal with psychological challenges. These techniques can be integrated into everyday life without much effort.

## Pilates △

Pilates is a figure-shaping total body workout that uniquely combines strength with flexibility.