



DAS  
**EDELWEISS**

SALZBURG MOUNTAIN RESORT  
FAMILIE HETTEGGER

## Program EDELWEISS Vitality Week 2024

10. November until 14. November 2024

### Sunday, 10. November 2024

Welcome to the EDELWEISS Vitality Week. Nice to have you with us at DAS EDELWEISS Salzburg Mountain Resort.

**4 p.m.**

Welcome in the yoga room. Warm compresses, herbal teas, coconut water and a beet shot await you.

**4.45 p.m. until 6.00 p.m.**

Yoga Vinyasa Flow

**from 6.30 p.m.**

Dinner

**9.00 p.m. until 9.30 p.m.**

Evening meditation (Yoga Nidra)

### Monday, 11. November 2024

**6.30 a.m. until 6.50 a.m.**

Meditation

**7.00 a.m.**

Hatha Yoga (75 minutes) followed by a healthy breakfast.

**11.00 a.m.**

Presentation on the topic "Philosophy of Yoga". Enjoy a healthy fruit corner.

**1.00 p.m.**

Small lunch snack

Followed by a break for walks, sauna sessions etc.



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**4.00 p.m.**

Vinyasa Yoga Flow (75 minutes)

**from 6.00 p.m.**

Dinner

**9.00 p.m.**

Evening meditation

**Tuesday, 12. November 2024**

**6.30 a.m. until 6.50 a.m.**

Meditation

**7.00 a.m.**

YIN Yoga (75 minutes) followed by a healthy breakfast

**11.00 a.m.**

Lecture on the topic of "Ayurveda nutrition in everyday life".

**1.00 p.m.**

Small lunch snack

Afterwards break for walks, sauna etc.

**4.00 p.m.**

Vinyasa Yoga Flow (75 minutes)

**from 6.00 p.m.**

Dinner

**Wednesday, 13. November 2024**

**6.30 a.m. until 6.50 a.m.**

Meditation

**7.00 a.m.**

Hatha Yoga Flow (75 minutes) followed by a healthy breakfast



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**11.00 a.m.**

Lecture on the topic of "Intestinal health"

**1.00 p.m.**

Small lunch snack

Followed by a break for walks, sauna sessions etc.

**4.00 p.m.**

Vinyasa Flow (75 minutes)

**from 6.00 p.m.**

dinner

**9.00 p.m.**

Evening meditation

**Thursday, 14. November 2024**

**6.30 a.m. until 6.50 a.m.**

Meditation

**7.00 a.m.**

Hatha Yoga Flow (60 minutes) followed by a healthy breakfast

Afterwards you will receive a small souvenir to say goodbye.

**We look forward to your visit!**

*Namaste*

Ihre Familie Hettegger & DAS EDELWEISS Team