



St. Anton am Arlberg, February 2024

MEDIA INFO

Mountain Yoga Festival St. Anton: where yoga and nature lovers meet

For the ninth time, the international yoga scene will come together at the Mountain Yoga Festival St. Anton from 05th to 08th September 2024.

Breathe in the purest mountain air for 4 days, practice yoga with world-class teachers, discover nature with experts from the region and immerse yourself in practical meditation techniques. The Mountain Yoga Festival St. Anton is so much more than just a yoga festival. It is a meeting place for yoga and nature lovers, a place of inspiration and friendship, in a spectacular setting: the mountains of the Arlberg.

International line-up meets local experts

Once again, the line-up reads like a cross-section of the development of yoga in recent years. Andrea Boni (Italy) will once again be immersing participants in the world of meditation on the Arlberg this year. Sandra Wijkman (Sweden) inspires with her knowledge in her yoga classes, Manel Rodrigues (Portugal) teaches with clarity, grounded inspiration and intelligent sequences that open up the creative flow of every yogi.

Karl Straub (Switzerland), Andrina Tisi (Switzerland), Alexandra Sagorz-Zimmerl (Austria), Sascha Peschke (Germany), Sigrid Pichler (USA), Rashmi Zimburg (Austria)

Anna Welinder and Johanna Tschol (St. Anton) complete the line up with the valued local experts Geli Häusl (St. Anton) and Sonja Stampfer (Innsbruck).

Roll out the mat, take a deep breath and soak up the energy

The four-day program includes sessions of different yoga styles for every level. Participants decide for themselves how intensive or relaxed they want their stay to be. Beyond the mat, workshops, lectures and the legendary yoga lunch get-together at Gampen (at 1,800 meters above sea level) are also on offer. In the spirit of the festival, all participating hotels also focus on the daily rhythm, nutrition and needs of yogis.

Price 4-day festival pass without accommodation in one of the partner establishments: € 355,-

Open session tickets and one-day passes are available from June 2024

Further information: www.mountainyogafestivalstanton.at

Festival Information:

The Mountain Yoga Festival is an event organized by the St. Anton am Arlberg Tourist Board. The festival with its focus on yoga, nature and health is an exclusive event with international yoga teachers and experts and a variety of different yoga styles for beginners and advanced practitioners, mountain experiences and workshops. The 9th Mountain Yoga Festival St. Anton will take place from 05. - 08.09 2024 in St. Anton am Arlberg.

Pictures: Images can only be used with the following ©:

© Tourismusverband St. Anton / Patrick Bätz

Contact and queries to:

Auszeit Marketing eU.

Iris Kaufmann

0664 / 89 44 950

iris.kaufmann@auszeitmarketing.at

www.auszeitmarketing.at