

SANCTUARIUM COURSES

60 MINUTES

Breath Work

€ 45.00

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Please reserve at the reception:

Through the conscious control of our breath, we can bring positive strength and new clarity to both the body and mind. Breath work allows us to harmonise our state of consciousness. Swiss psychiatrist, Carl Gustav Jung, once called it a “soul-physical development, a path from the inside out, letting us become what we are meant to be.”

45 MINUTES

Chakrabalance

€ 35.00

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Please reserve at the reception:

“Chakras” (“wheel of light”) are the “organs” and centres of our energetic bodies. They receive and absorb energy, called “Prana,” from our environment, transform it and then direct it throughout our bodies. Each chakra plays a specific role in guiding our development and wellbeing. However, when one or more of our chakras become blocked, it can result in illness and a sense of emotional unease and dissatisfaction. Through the practice of breathing exercises, visualisation techniques and vocal toning, you’ll learn how to activate your chakras to better distribute the flow of energy in your body.

45 MINUTES

Meditation and Tea Ceremony

€ 40,00

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Please reserve at the reception:

The meditation and tea ceremony is a ritual of deep wisdom and love. You will dedicate yourself mindfulness, you dive into the timelessness and silence. You will find acceptance and sometimes also the answers to questions that you have been dealing with for a long time. Your consciousness expands and you discover in yourself the source of the great connections of life.

60 MINUTES

Vinyasa Flow Yoga

€ 45.00

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Please reserve at the reception:

“Vinyasa” is a style of yoga belonging to the Hatha tradition, meaning “honouring the sun and the moon”. The poses, or “Asanas,” are fluid and strengthening. Vinyasa means “breath-synchronized movement,” and is concentrated on the rhythm and power of inhalation and exhalation. It provides us with improved focus and emotional balance. The practice of Vinyasa serves to purge toxins from our bodies, helps us strengthen our sense of self-reliance and self-esteem, has a beneficial effect upon our hormonal balance, and also allows us to develop more creativity and intuition. It is meditation through movement.<

60 MINUTES

Yin Yoga

€ 45,00

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Please reserve at the reception:

“Yin” is a slower, more deliberate form of yoga, with the poses, or “Asanas,” held for a longer amount of time than in other styles. Yin Yoga stretches the connective tissues, ligaments, tendons and the fascia. Blood flow to our joints is increased, giving us more flexibility and allowing our “chi” – the energy that flows through us and everything else, and which is responsible for our wellbeing – to move more easily through the meridians, the energy channels of our bodies. The practice of Yin Yoga has a profoundly rejuvenating effect upon the human body and organism as a whole.

30 MINUTES

Sound Bath

€ 35,00

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Please reserve at the reception:

Across the millennia, cultures around the world have used harmonic tones and music for ritualistic healing and relaxation ceremonies. Through to modern times, Himalayan sound bowls and gongs have continued to play a vital role in the rituals of Eastern religions. A sound bath session begins with participants lying comfortably on a thin mat, cocooned in a cozy blanket. They're treated to a gentle sound wave created with Tibetan and crystal bowls, a sun gong and human song. The tonal harmonies create a state of deep relaxation, both during the ceremony and, for many, lasting days beyond.

90 MINUTES

Body Sings Soul

€ 50.00

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Only during full moon nights at 22:00 hours, please reserve with anticipation at the reception

“Body Sings Soul” is a transformational self-improvement ritual that melds many disciplines into one: meditation, breathing techniques, yoga asanas, chakra toning, intuitive dance and song. The aim is to reveal our authentic essence and self – to unleash the unique, creative forces within us all. You'll become better acquainted with and learn how to develop your own unique creative power. Harness that which builds your true, individual beauty – an essence that can't be described with words, but which is readily apparent to everyone when it radiates from the inside.