

## PRESS RELEASE

### The first yoga.days in Kufsteinerland Roll up your mats until next time

*At the yoga festival from 5 to 7 July, 2019 all of Kufsteinerland was focused on flow. The three-day event invited participants to dive into the art of yoga while surrounded by a backdrop of mountains. Events included Asanas to piano compositions by Andreas Loh, ecstatic dance, SUP yoga, Yin Yoga with essential oils, deep relaxation with Yoga Nidra and stretching Ashtanga. The yogis were accompanied by evocative music and plenty of positive vibes. Finger food stations with vegan, vegetarian and regional delicacies made sure that everyone was well catered for.*

International and regional yoga teachers and experts such as Dr. Jeevan, who specialises in Ayurveda, gave fascinating insights into their areas of expertise. In the evenings, musicians such as Mantra Tribe provided high spirits and energy on the dance floor in the Kultur Quartier. The approximately 150 yoga.days participants enjoyed a wide variety of yoga workshops, music, atmospheric Kirtan gatherings and presentations on topics such as ayurvedic nutrition. Events were held at selected indoor and outdoor locations in Kufsteinerland.

A spiritual nature vacation with yoga, music and dance.

One of the highlights of the festival was the Tala Yoga session “The Art of Movement” with Andreas Loh on 6 July in the Kultur Quartier. His sessions uniquely combine yoga with his own piano compositions in the form of Tala Yoga – with music that harmonises with the flow of breath. Nana Dakini, the founder of and DJ at Ecstatic Dance Rosenheim, fuses dance, meditation and celebration to create a consciousness expanding session and unique audio journey. In the “Presence and Strength” workshop on 7 July with the internationally renowned Jivamukti teacher Gabriela Bozic, the focus was on posture and connection with our inner strength. At the health resort DAS SIEBEN participants of the workshop ‘Let’s Twist - Detox with yoga and herbs’ delved into the detoxing effects of herbs and asanas.

The three-day yoga festival, with concerts, workshops and presentations that let participants relax and switch off will return to Kufsteinerland in 2020. With SUP yoga, yoga on the mountain and much more, Kufstein invites everyone to “celebrate themselves”, as encouraged by Percy Johannsen in his sessions and book.

More information at [www.yoga-tage.at](http://www.yoga-tage.at)

2,168Zeichen

#### *Kufsteinerland*

*Kufsteinerland is the “Gateway to the Tyrolean Alps.” With its easily accessible Alpine areas, the region offers a unique mix of tradition and modernity, nature and wellness, culture and events, sport and gastronomy. Surrounded by untouched nature, Kufsteinerland stands for active holidays where there is still space for relaxation and quiet time. People of all ages, and with varying interests, can select holiday activities that will create lasting memories. More information at [www.kufstein.com](http://www.kufstein.com).*

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