

Press release dated 7 April 2026

Yoga Days in the Kufsteinerland: Three days of yoga between town, lake and mountains

Kufsteinerland, Tyrol – From 24 to 26 July 2026, the yoga.tage festival will take place in the Kufsteinerland region of Tyrol. This well-established festival format combines yoga, nature experiences and community interaction at various locations across the region – from alpine landscapes to urban settings. The event is deliberately kept on a small scale, with an emphasis on quality and personal interaction. Regular ticket sales will begin in early April.

Yoga between mountains, lake and town

The yoga.tage festival does not take place on a single stage, but across the region itself. At Brentenjoch in the Kaiser Mountains, the view stretches far and wide; at Thiersee, the water carries the movement; in gardens and meadows, a sense of calm takes hold. At Kufstein Fortress, a place steeped in history enters into dialogue with silence and concentration. At the same time, the Kultur Quartier Kufstein, as the festival's central hub, forms the focal point of the event – a place for exchange, shared experiences and new inspiration. Alongside yoga sessions, side events, a small fair and culinary offerings also take place here.

A programme you can tailor to your own needs

The yoga.tagen prioritise intimacy over scale. The manageable structure allows for personal encounters and individual approaches. Designed as an open festival, participants create their own programme from a selection of different formats such as yoga classes, breathwork, meditations, sound journeys, music sessions or nature-based activities.

Lina Schneeweiß, Theme Manager for Sport and Vitality:

“With the yoga.tage, we are creating a format that deliberately remains small and leaves room for personal experience. It's about quality, connection and bringing the diversity of the Kufsteinerland to life.”

Inspiring personalities shape the yoga.tage

26 yoga teachers, musicians and workshop leaders are shaping the yoga.tage – including Hie Kim from Frankfurt, Esh Loh from Berlin, Sascha Peschke from Munich, Magda Beslmeisl from Regensburg and Kati Mairhofer from Tyrol. They all bring together different perspectives and yoga styles, giving the festival its diversity of content.

Ticket sales with personalised programme selection

Ticket sales begin in early April via www.yoga-tage.at. Visitors can choose between day tickets and festival passes and put together their own personalised programme directly when booking. The option to book individual sessions will become available around four to six weeks before the event begins. Places are limited and allocated on a 'first come, first served' basis.

Yoga with a clear conscience

The yoga.tage adhere to the standards of a “Green Event Tirol” and are thus committed to sustainable event organisation. In addition to involving regional partner businesses, mobility also plays a central role: a shuttle service connects the various venues and helps to reduce traffic volumes and individual journeys.

Line-up (Excerpt)



Hie Kim (Frankfurt)

Hie Kim is a yoga teacher, trainer and representative of Inside Flow. He teaches internationally, trains teachers and combines precise teaching methods with a sensitive, humorous approach to the practice.

Website: hiekim.de



Esh Loh (Berlin)

Esh is a pianist, composer and yoga teacher, as well as the founder of Yoga Sphere. For over 25 years, he has been combining yoga and music into a practice that fosters clarity, harmony and direct experience.

Website: www.yogasphere.app



Sascha Peschke (Munich)

Sascha Peschke is a naturopath and yoga teacher. As a lecturer in German-speaking countries, he combines in-depth specialist knowledge with practical teaching methods, making complex concepts immediately accessible.

Website: www.saschapeschke.com



Magda Beslmeisl (Regensburg)

Magda Beslmeisl teaches Ashtanga Yoga and combines her practice with elements of bodywork and communication. Her focus is on an individual, holistic and sustainable approach.

Website: www.mit-magda.com



Kati Mairhofer (Tyrol)

Kati Mairhofer is a yoga teacher, mental coach and sports scientist from Tyrol. In her sessions, she combines movement, mindfulness and creativity with a playful, holistic approach.

Website: www.katimairhofer.com

The programme is rounded off by further national and regional teachers and musicians.
The full line-up: <https://www.yoga-tage.at/de/die-yogis-der-yoga-tage.html>

Tickets & Attendance

- Tickets on sale from April 2026
 - Book online at <https://www.yoga-tage.at/de/tickets-packages.html>
 - Day tickets and festival passes available
 - Choose your own programme when booking
 - Individual bookings for sessions open approx. 4–6 weeks before the event begins
 - Allocated on a first-come, first-served basis
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Styles & Formats (Excerpt)

- Hatha Yoga
- Jivamukti Yoga
- Vinyasa / Flow Sessions
- Yin Yoga
- Yoga Nidra
- Breathwork
- Meditation & Sound Journeys
- Ecstatic Dance
- Sound Bath
- Silent Yoga
- Herbal Walks
- Ayurvedic Cooking Class
- SUP Yoga

The full programme: <https://www.yoga-tage.at/de/drei-tage-programm.html>

Venues



KulturQuartier Kufstein

The multi-purpose hall has a special atmosphere. The minimalist design of the space allows you to focus entirely on yourself and your practice.

Theaterplatz 1, A-6330 Kufstein



Fortress Kufstein

The imposing fortress in Kufstein is impossible to miss. The lovingly tended herb garden is the perfect setting for inspiring yoga sessions high above the rooftops of the town. The entrance to the fortress is just a five-minute walk from the main venue.

Festung 2, A-6330 Kufstein



Thiersee

Lake Thiersee is a place of spiritual energy in the Kufstein region. Situated in the heart of the municipality of Thiersee with views of the Pendling mountain, it offers the perfect opportunity to practise SUP yoga. It is approximately a 15-minute drive from Kufstein on the yoga.tage shuttle.

Vorderthiersee 31, A-6335 Vorderthiersee



Brentenjoch / Kaisergebirge mountains

The yoga platform at Brentenjoch is a unique place of power nestled amidst the Tyrolean mountains. You can reach it either via a 1.5-hour hike up the Stadtberg or by taking the Kaiserlift for a leisurely ride up.

Talstation: Obere Sparchen 17, A-6330 Kufstein



Yogaraum Kufstein

This small, cosy room is a special venue for workshops and one-to-one sessions. It is just a few minutes' walk from the Kultur Quartier.

E.-Hofbauer-Weg, A-6330 Kufstein

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Kufsteinerland

verbindet



LEBENSMITTEL. Kufstein

A meeting place, a cosy spot, a social hub, and a place to relax and recharge – all in one. The Lebensmittel. association is dedicated to mindful living, which is why the focus here is on community.

Weissachstrasse 14, A-6330 Kufstein



daskAISER Ebbs

daskAISER, a yoga-focused hotel in Ebbs, is situated in an idyllic location at the foot of the Zahmer Kaiser and is the perfect place to unwind and relax. It is around a 20-minute bike ride from Kufstein, or you can take the shuttle.

Haflingerweg 6, A-6341 Ebbs



arte Hotel Kufstein

The hotel is centrally located in Kufstein, right next to the main venue, the Kultur Quartier. With plenty of space and an incredibly beautiful roof terrace offering views of the fortress, the yoga classes are a real treat.

Marktgasse 2, A-6330 Kufstein



Innovationsraum Kufstein

The Innovationsraum in Kufstein is a co-working space in the heart of the town. It offers an inspiring environment for anyone wishing to bring their ideas to life. During the yoga.tagen, it transforms into a new hub of creativity.

Unterer Stadtplatz 11-13, A-6330 Kufstein



Das Sieben Bad Häring

Whatever the season, the health hotel offers a retreat where wellness, indulgence and tranquillity come together. During the yoga.tage, Ayurvedic cuisine is served here. Bad Häring is about 25 minutes away by shuttle bus.

Kurstraße 14, A-6323 Bad Häring

Press photos: Free to use for editorial purposes provided the source is credited

Further images available on request.

Image 01: Yoga above the city rooftops at the historic Kufstein Fortress © TVB Kufsteinerland/Lisa Eiersebner

Image 02: Yoga with a view of the Wilder Kaiser at the Brentenjoch (Kaisergebirge), © TVB Kufsteinerland/Felix Kramer

Image 03: The Kulturquartier is the centre of the yoga.tage, © TVB Kufsteinerland/Lisa Eiersebner

Image 04: Yoga in the countryside to relax and recharge your batteries, © TVB Kufsteinerland/Florian Egger

Image 05: Gliding gently across the water during SUP yoga on Lake Thiersee, © TVB Kufsteinerland/Lisa Eiersebner

Image 06: Hie Kim (Frankfurt) focuses on emotions and flowing movements

Image 07: Esh Loh (Berlin) offers the world's first multisensory yoga experience

Image 08: Sascha Peschke (Munich) imparts a fundamental understanding of movement, training, growth, injury and healing

Image 09: Magda Beslmeisl (Regensburg) teaches the basic principles of Non-Violent Communication

Image 10: Kati Mairhofer (Tyrol) opens the Yoga Festival with a Vinyasa Flow session

Further information for media representatives

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