

## PRESSRELEASE

### A tree in the mountains

It is very early in the morning when the first rays of sunlight sparkle over the summit of the mountain “Zugspitze” and onto the hilly meadows, humid from dew. But a small group of well-rested men and women, comfortably dressed and with rolled up mats under their arms meet at the deck of the “Kranzbach” in order to start the day together: “Stand upright and breathe deep into your stomach.....in and out....and now bend one knee and put the sole of your foot onto the inner part of your thigh...” With a soft and agreeable voice, Claudia, the Yoga coach teaches the group how to do the “tree”, one of the oldest loosening-up exercises in the world.

Yoga has been practised for over 2000 years. It originated in India, where the term originally stood for the harnessing of draught animals in front of a wagon, and people interpreted the term as the “bundling and controlling of driving forces”.

The Magi of old India, called Yogis, described the human body as “vehicle of the soul”, which needs to be guided carefully in order to proceed on the path towards knowledge and self-fulfilment.

In the 60s and 70s of the previous century, Yoga became popular in the western world. Flower-children who went to India brought Yoga, together with batik printing and incense sticks back to their home countries. For a long time Yoga was there regarded as something only for unworldly dropouts and sectarians: the teachings of Baghwan for example, are based on Yoga, free love and doing without consumption (even if the discrepancy between morality and reality manifested itself in this case in Baghwan’s impressive Rolls Royce collection).

Ritualistic aspects are no longer central to many people who do Yoga nowadays. The awareness about the coaction of physical and spiritual power has long been proven scientifically. No longer regarded as something esoteric, Yoga has experienced a new boom in the last decades. More and more people wish to do something for their inner balance, in today’s hectic and fast moving world. And Yoga is a very old, but yet a fascinating way to find ones own inner balance. Without pressure to perform, consciously following the signals of ones own body, everybody can practise and elaborate Asanas according to his/her personal possibilities. Even managers and finance directors exercise “the Indian way” and report enthusiastically about regained flexibility, recreation and mental balance.

The combination and multiplicity of exercises stretch and strengthen the body, smoothen the muscles and make the spine flexible. The conscious and deep breathing assists oxygen supply and as such also helps the capacity of the lungs and the blood flow in the inner organs. The mind can benefit from the amelioration of mental capabilities, better commemoration and intuition.

The unity of body and soul, of nature and inner life can best be achieved in a place where nature is balanced itself. For this reason, “The Kranzbach” is an ideal place for practising Yoga: absolute peace and quiet in the extensive grounds, gorgeous views on the “Wetterstein” and “Karwendel” and nature with its big and small wonders form the perfect basis to find the way to ones true self.

*“...and now, once you have found good balance, close your eyes for a few seconds... Then put your hands and leg down again. Breathe in and out carefully twice. Change side.”*

Dates of the Yoga workshop:

**2 night stay** including half-board, One energetic massage (50 min.), 4 Yoga sessions, 1 hour of Yoga-Walking in amazing natural surrounding and individual mentoring from the yoga professional Claudia Müller-Ostenried.

Starting at € 478,-- p.p. Double room »Mary Portman«

### **Further Information:**

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