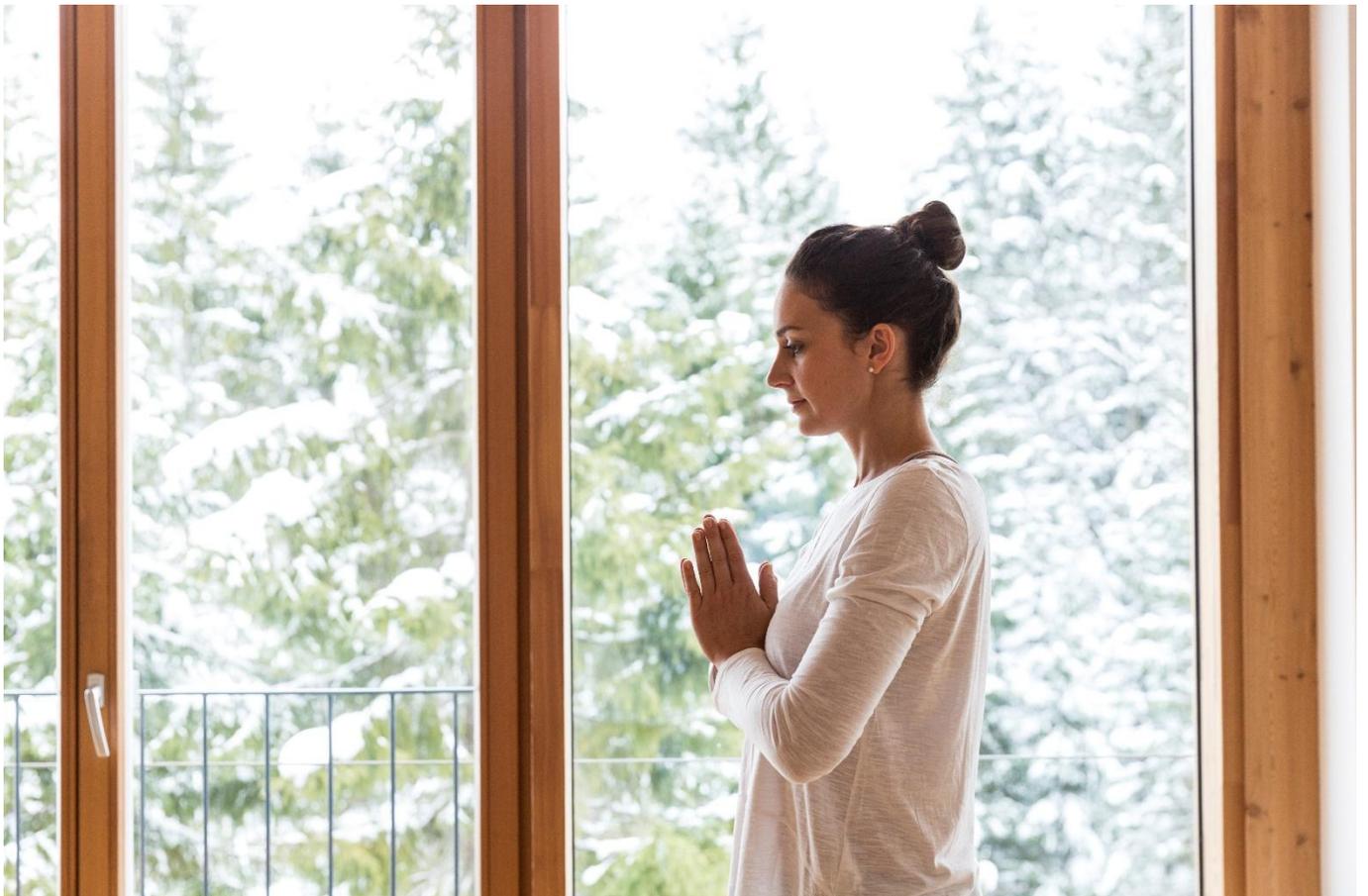


Inner Balance – Yoga and Meditation

Tuesday, April 7
to Friday, April 10, 2026



Inner Balance – Yoga and Meditation

Tuesday, April 7
to Friday, April 10, 2026



Sabine Willmann

„Yoga. “Yoga makes you happy and content!” – this is something Sabine Willmann is firmly convinced of, because she has experienced it herself every day for many years. Sabine studied a wide variety of styles with different teachers and discovered something special in each of them, which she brings into her teaching through asanas, relaxation, pranayama and meditation, as well as positive thinking. Shaped by her classical Hatha yoga training in India, Sabine has a particular love for Anusara® Yoga. In this approach, Hatha Yoga is combined with therapeutic elements through universal alignment principles and an affirmative life philosophy. She runs a yoga studio in Munich and teaches both adults and children.

Yoga gives everyone the opportunity to develop greater awareness of their own body and their own needs, while also discovering and harnessing a sense of calm and their own inner radiance.

We are used to reacting flexibly and adapting quickly to new situations. During the Inner Balance days, mental mindfulness allows you to perceive and access your own wheel of time, so that it can be influenced and guided.

What can you expect at the Inner Balance workshop?

Individually adapted yoga exercises for every level, breathing practices, intensive mindfulness techniques, relaxation and meditation. Mindfulness in connection with »Inner Balance« makes it possible to consciously withdraw the senses, focus on what truly matters, and cultivate more AWARE-NESS and mindfulness in everyday life. The active movement in yoga sequences builds strength and allows the mind to slow down. Gentle meditation practices bring clarity to the mind and deepen awareness of yourself.

For whom is Inner Balance suitable?

Physical, mental and emotional growth is possible at any age and stage of life. »Inner Balance« is particularly effective for anyone who feels that the wheel of time is spinning too fast and for everyone who wants to bring concentration, performance, creativity and contentment back into their life.

Inner Balance – Yoga and Meditation

Tuesday, April 7
to Friday, April 10, 2026

SCHEDULE

TUESDAY

- 5:00 – 6:30 pm Getting to know each other with gentle yoga and relaxation exercises »Arriving and finding calm.«
Meeting point: yoga studio
- 7:30 pm Dinner together with Sabine Willmann

WEDNESDAY

- 08:30 – 09:30 am **Hatha Yoga Flow** »Opening the heart and welcoming the day.«
Meeting point: yoga studio
- 12:30 – 1:30 pm **Gentle stretching and relaxation exercises & meditation** »In stillness lies strength.«
Meeting point: bar (walk to the Meditation House)
- 5:00 – 6:30 pm **Yin Yoga session** »Letting go of tension and releasing«
Meeting point: yoga studio
- 7:30 pm Dinner together with Sabine Willmann

THURSDAY

- 08.30 – 09.30 am **Hatha Yoga Flow** »Strengthening your inner center.«
Meeting point: yoga studio
- 12:30 – 1:30 pm **Gentle stretching and relaxation exercises & meditation** »In stillness lies strength.«
Meeting point: bar (walk to the Meditation House)
- 5:00 – 6:30 pm **Yin Yoga session** »More calm, strength and clarity through mindfulness.«
Meeting point: yoga studio
- 7:30 pm Dinner together with Sabine Willmann

FRIDAY

- 08.30 – 09.30 am **Hatha Yoga Flow** »Finding balance through twists.«
Meeting point: yoga studio
- by 11.00 am Check-out and individual departure

Inner Balance – Yoga and Meditation

Tuesday, April 7
to Friday, April 10, 2026

Between the yoga sessions there is time to enjoy Das Kranzbach: our culinary offerings at breakfast, lunch and dinner, the bathhouse with saunas, steam rooms and lounging areas, wellness treatments and cosmetics, walks out into nature, and more.

Reservation and more information at **+49 (0)8823 - 92 8000**
info@daskranzbach.de or **www.daskranzbach.de**