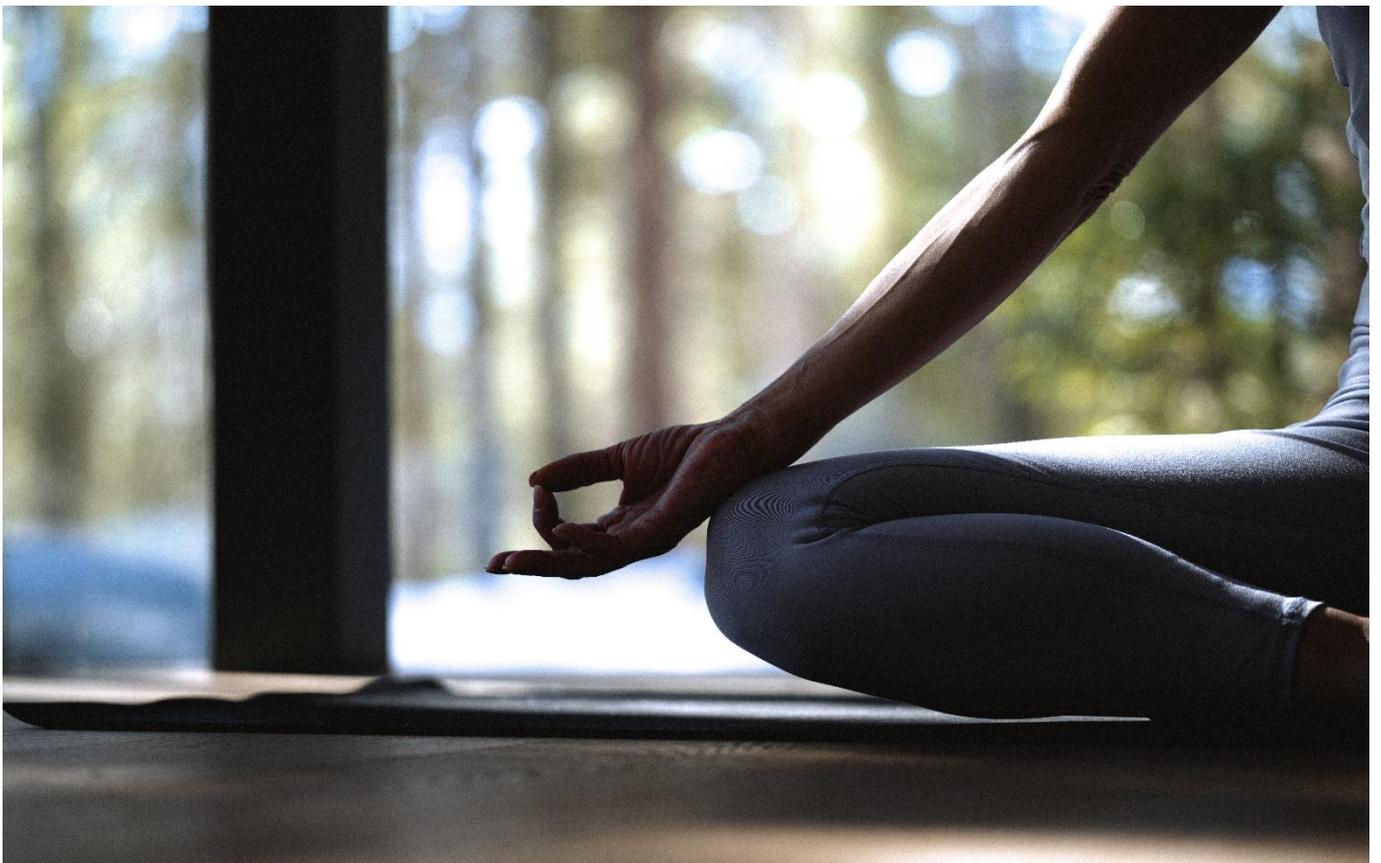


Reset – Restore - Recharge

Thursday, 13 August to
Sunday, 16 August 2026





Ranja Weis

Ranja has been teaching yoga for nearly 20 years, with a focus on Yin Yoga and Yoga Nidra for around the past 10 years. Together with Dr Patrick Broome, the yoga teacher of the German national football team, she founded the yoga studio City in Munich, where she teaches regular classes as well as trainings, retreats, and at conferences and festivals throughout the German-speaking region.

For Ranja, yoga is above all a path to greater awareness and to the ability to perceive oneself and others beyond concepts and judgements. And to feel that everything is interconnected. This may not lead to “enlightenment” straight away, but it certainly leads to greater tolerance, compassion, and love.

Ranja’s teaching is shaped by more than 25 years of regular training and further education in the fields of yoga and meditation, as well as by her in-depth engagement with the traditional healing practices of South America. She teaches with great warmth, empathy, humour, and an exceptionally calm voice that makes it easy to relax.

This retreat is a reset for body, mind and soul: reconnect with your centre through strengthening Hatha yoga in the morning, and experience deep calm and relaxation with gentle Yin yoga in the afternoon.

Aim of the retreat:

- greater strength and flexibility, improved posture
- cleansing and detoxification of the body
- increased clarity and concentration
- deep rest, relaxation and regeneration, improved sleep
- spiritual inspiration and inner alignment for your life path

SCHEDULE

THURSDAY

04:30 - 06:00 pm **Welcome Class: Yin Yoga & Yoga Nidra**
We practise a gentle Yin Yoga sequence that targets all the body's main meridians and gives the internal organs a reset. Afterwards, a guided deep relaxation in a lying position provides a lasting calming effect on the nervous system.

FRIDAY

08:00 - 09:30 am **Hatha Vinyasa Yoga**
We practise a dynamic sequence of sun salutations, standing poses, forward bends, twists, backbends, and gentle inversions. These postures cleanse and strengthen the body while bringing clarity to the mind and emotions.

04:30 - 06:00 pm **Yin Yoga**
We practise calm, meditative Yin Yoga that stimulates the body's meridians and organs while soothing the nervous system. Readings of spiritual texts and gentle music inspire and invite you to let go.

SATURDAY

08:00 - 09:30 am **Hatha Vinyasa Yoga**
We practise a dynamic sequence of sun salutations, standing poses, forward bends, twists, backbends, and gentle inversions. These postures cleanse and strengthen the body while bringing clarity to the mind and emotions.

04:30 - 06:00 pm **Yin Yoga**
We practise calm, meditative Yin Yoga that stimulates the body's meridians and organs while soothing the nervous system. Readings of spiritual texts and gentle music inspire and invite you to let go.

SUNDAY

08:00 - 09:30 am

Closing Class: Hatha Vinyasa & Meditation

We practise a dynamic Hatha Vinyasa sequence and traditionally conclude the session with a short meditation. This allows us to enjoy the final breakfast feeling strengthened, centred, and relaxed.

Till 11:00 am

Room check-out, individual departure

Between the yoga sessions, there is time to enjoy Das Kranzbach: our culinary offerings at breakfast, lunch, and dinner; the bathhouse with saunas, steam baths, and relaxation areas; wellness treatments and beauty services; as well as time to explore the surrounding nature, and more.

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