

# Where nature breathes – Yoga Retreat with Kinga Toth

Monday, 24 August –  
Friday, 28 August 2026



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Kinga Toth

Four days of practice, nestled on the undisturbed patch of earth where “Das Kranzbach” rests, we look inward with mindfulness, supported by the embracing silence of the surroundings and the power of nature, and we give space to everything that is allowed to be there and to everything that wants to let go. A time-out for you, which clarifies and nourishes you and makes you want to carry this good feeling forward at the end.

**“When I first sat in the meditation room, I was deeply touched. The history of this room and its special atmosphere moved me to tears. In that moment I knew: I want to hold retreats here.”**

This four day retreat invites you to reconnect with the natural rhythms of body, breath, and mind. Each day begins with an activating and warming morning practice that helps you start the day awake and clear. In the evening you are welcomed by a quiet, grounding yoga session that gently guides you into relaxation and recovery. The practice combines three central elements of yoga:

1. Meditation – for inner clarity and presence
2. Pranayama – mindful breathing exercises for energy and balance
3. Asana – a mindful physical practice for strength, mobility, and relaxation

All units are designed so that people of all levels can participate. Each practice is individually tailored to the group. And between the sessions there is plenty of time for whatever body and soul need at that moment...

This retreat is an invitation to step out of everyday life for a few days and come back to yourself. Nature, silence, and the shared practice create a space in which body and mind can reorient. Or as many guests say after their stay:

**“Here, time suddenly feels different.”**

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## SCHEDULE

### MONDAY

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4:00 – 5:00 pm

#### **Yin Yoga to arrive**

A grounding Yin Yoga practice in which we release the structures around the knees, hips, and lower back in floor-based poses, allowing the body, emotions, and mind to rest and regenerate. The class helps us arrive in the retreat and in the group while turning our attention inward. A moment-to-moment check-in. A space to hold everything that is. *Meeting point at the bar – walk to the Meditation House*

### TUESDAY

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09:30 – 11:00 am

#### **Cleansing morning flow**

We begin with a balancing breath meditation and practice and carry the flow of the breath into a refreshing and cleansing morning flow. Experience what it means to be “in flow” like a sparkling mountain stream, to welcome the day and take this openness as a focus into the week. *Meeting point at the yoga studio*

4:00 – 5:00 pm

#### **Evening practice for the nervous system**

A gentle evening practice that calms your nervous system, allows you to connect with the present moment, open up to it, and let the evening unfold. Slow and mindful movements guided by the breath stimulate the parasympathetic system, which is responsible for “rest & digest.” *Meeting point at the bar – walk to the Meditation House*

### WEDNESDAY

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09:30 – 11:00 am

#### **YogiLates – strength from the centre**

A shared (Tibetan) breath cleansing technique clears the view of the upcoming morning practice and the day and frees us from morning sluggishness. Pilates-based techniques combined with yoga practice activate digestion, awaken willpower, strengthen your ability to discern, and bring you back into “your centre,” into your inner strength—into your nature. *Meeting point at the yoga studio*

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4:00 – 5:00 pm

## **Restorative Session**

Like an evening walk down to a cool mountain lake, we move through standing and into restorative seated and lying poses. The goal, as always, is not performance or perfection, but feeling, reflecting, understanding, and safely experiencing your own body. A space arises where movement becomes information and the body can store new, healing experiences. *Meeting point at the bar – walk to the Meditation House*

THURSDAY

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09:30 – 11:00 am

## **Breathe into your heart**

With activating kriyas (cleansing breath techniques), we experience the element of air, or the life-essence prana, within and around us. Postures that express openness in and around your heart area form the idea of this morning. A quality you can consciously carry into the day and pass on. *Meeting point at the yoga studio*

4:00 – 5:00 pm

## **Breathwork-balance**

Let your system be deeply cleansed, balanced, and recharged in a “breathwork session.” With a longer Savasana and a full-moon meditation, we close the day. *Meeting point at the bar – walk to the Meditation House*

FRIDAY

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09:30 – 11:00 am

## **Integration under the full moon**

We close the retreat with a practice that stabilizes body and mind while also setting you free, integrating asana (postures), pranayama (breath practice), and meditation in equal measure. A simple practice designed to serve as a transition to “life beyond the yoga mat” and to help you understand that after the yoga practice, sharing this good feeling in the world outside awaits. Enjoy the full moon and bring more lightness into your daily life! *Meeting point at the yoga studio*

*Between the training sessions there is time to enjoy Das Kranzbach: our cuisine at breakfast, lunch and dinner, the bathhouse with saunas, steam baths 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**