

# “Lightness and regeneration for body and mind” – Aerial Yoga

Sunday, December 6 to  
Wednesday, December 9, 2026



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Andreas Glowik

The Aerial Yoga days with Andreas Glowik at Das Kranzbach combine high-quality movement training with genuine regeneration: more upright posture, more mobility, more strength, more stability – and a calm, clear mind. At the centre is an approach that perfectly fits the spirit of Das Kranzbach: quality before quantity – precisely guided, thoughtfully structured and sustainably effective..

Aerial Yoga is a modern training method that uses a fabric hammock suspended from the ceiling, which functions like a soft swing. It supports the body in balance and stretching positions, allows new movement angles, and creates – depending on the exercise – either stability or pleasant relief. In this way, it produces training effects that are often hard to achieve on the floor: a better body awareness, more freedom of movement, greater strength and a more upright posture.

### **Working principle: upright posture, mobility, core & relief**

The sessions combine mobility, functional strength training, coordination and conscious breathing. A central element is the gentle decompression of the spine in selected positions. Many participants experience a “taller” body feeling, more space in their movements and a noticeable increase in lightness – both physically and mentally.

*„We are only as young as our spine is flexible and our mind is open.“  
Christopher Harrison*

### **About Andreas Glowik**

Andreas Glowik (Diploma in Sports Science, UniBW, Nutrition Science) has been working as an entrepreneur and coach in the sports and health sector since 2001. He combines evidence-based training methods with a holistic, sustainable approach. His strength lies in clear structure, precise technique, individual adaptation and training that produces noticeable results without overwhelming participants.

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## SCHEDULE

### SUNDAY

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- From 3:00 pm Individual arrival, check-in, time to settle in
- 4:00 – 5:00 pm **Aerial Yoga Fundamentals**  
Introduction to the hammock, safety, basic techniques and first decompression and mobility sequences *Meeting point at the yoga studio*
- From 7:30 pm Dinner together

### MONDAY

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- 08:00 – 09:00 am **Aerial Cocooning (Restore & Release)**  
Gentle decompression, breathing and nervous-system relaxation, mobility *Meeting point at the yoga studio*
- From 09:15 am Breakfast
- From 11:30 am Short impulse talk: “**Nutrition for energy & regeneration**” *Meeting point at the yoga studio*
- 12:00 – 1:15 pm **Aerial Yoga Flow (Mobility & Alignment)**  
Mobility, upright posture and controlled strength work – suitable for beginners, no prior experience required
- 4:00 – 5:00 pm **Aerial Strength (Full-body & Stability)**  
Functional strength, core and shoulder/hip stability, safe progressions *Meeting point at the yoga studio*
- From 7:30 pm Dinner together

### TUESDAY

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- 08:00 – 09:00 am **Morning Reset Flow**  
Mobility, breath and posture to start the day feeling fresh and clear *Meeting point at the yoga studio*
- 12:00 – 1:15 pm **Aerial Yoga – Deep Stretch & Balance**  
Flexibility, joint freedom, coordination and balance work *Meeting point at the yoga studio*

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- From 3:30 pm      **Q&A Session:**  
“How to combine Aerial Yoga and nutrition in everyday  
life” *Meeting point at the yoga studio*
- 4:00 – 5:00 pm      **Aerial Strength – Progression Session**  
Level-specific options, technical refinement, higher  
stability and strength content
- From 7.30 pm      Dinner together

## WEDNESDAY

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- 08:00 – 09:00 am      **Recovery & Mobility (Cocooning)**  
Mobility, breath and posture to start the day feeling  
fresh and clear *Meeting point at the yoga studio*
- Till 11:00 am      Check-out / room release
- 11:00 – 12:00 am      **Best-of Aerial – Closing Session**  
The most effective elements from mobility, strength,  
lightness and relaxation *Meeting point at the yoga studio*
- From 12:00 am      Individual departure

*Between the sessions there is time to enjoy Das Kranzbach: our cuisine 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 information at **+49 (0)8823 - 92 8000**  
**info@daskranzbach.de** or **www.daskranzbach.de**