

“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

- 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
- From 7:30 pm Dinner together

MONDAY

- 08:00 – 09:00 am **Aerial Cocooning (Restore & Release)**
Gentle decompression, breathing and nervous-system
relaxation, mobility
- From 09:15 am Breakfast
- From 11:30 am Short impulse talk: “Nutrition for energy &
regeneration”
- 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
- From 7:30 pm Dinner together

TUESDAY

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

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- From 3:30 pm **Q&A Session:**
“How to combine Aerial Yoga and nutrition in everyday
life”
- 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

- 08:00 – 09:00 am **Recovery & Mobility (Cocooning)**
Mobility, breath and posture to start the day feeling
fresh and clear
- 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
- 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**