

Release. Reconnect. Reset

Sunday, January 31 –
Wednesday, February 3 2027





Laura Miller

After more than two decades as an international performer, Laura Miller knows what it means to ask a lot of both body and mind – and how easy it can be to keep going on autopilot. Yoga initially entered her life as a way to support her physical wellbeing, but soon became something much more meaningful: an opportunity to slow down, turn inwards and reconnect with herself.

Now a Yoga Alliance Registered Yoga Teacher specialising in Vinyasa and Yin Yoga, Laura brings this experience into every class. Her approach combines flowing movement with moments of deep stillness, creating a warm and grounded practice that is less about perfect poses and more about feeling present, balanced and at home in your own body.

“Join me on a journey through movement, meditation and breathwork – a chance to release tension, reconnect with yourself and reset your natural sense of balance.”

Laura chooses retreat locations that offer a sense of stillness and allow everyday life to fade into the background. For her, Das Kranzbach and its extraordinary natural surroundings embody this atmosphere in a particularly special way.

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As the new year unfolds, this three-night retreat offers an opportunity to step away from everyday demands, reconnect with yourself and move forward with renewed clarity and focus.

Through an uplifting combination of yoga, meditation and breathwork, Laura will guide you towards greater balance between softness and strength, movement and stillness. Energising Vinyasa practices gently explore flexibility and balance, while deeply relaxing Yin and Restorative sessions help calm and reset the nervous system.

You will also discover a range of breathing and mindfulness techniques that can be easily integrated into everyday life, allowing you to take the benefits of the retreat home with you.

The retreat is suitable for both beginners and experienced practitioners of all ages. **Please note: All sessions will be held in English.**

RETREAT PROGRAMME

SUNDAY – SETTLING IN

16:30–17:45 **Yoga:** Grounding Slow Flow
Meeting Point: Yoga Studio

Morning meeting point, Monday–Wednesday: The Bar at 07:50. We will walk together to the Meditation House, where meditation and breathwork flow directly into the morning yoga practice.

MONDAY – SOFTENING INTO STRENGTH

08:00–08:30 **Meditation & Breathwork:** Setting down Meditation.
Introduction to Breathwork

08:30–09:30 **Vinyasa Yoga:** Flexibility Flow. Energising Vinyasa

16:30–17:45 **Restorative Yoga:** Rest and Restore.
Meeting Point: Yoga Studio

TUESDAY – FINDING YOUR BALANCE

08:00–08:30 **Meditation & Breathwork:** Flexible mind meditation.
Breathwork for Balance

08:30–09:30 **Vinyasa Yoga:** Fun Ladder Flow for Balance

16:30–17:45 **Yin Yoga & Yoga Nidra:** Chakra Balancing
Meeting Point: Meditation House

WEDNESDAY – NEW BEGININGS

08:00–08:30 **Meditation & Breathwork:** Meditation for focus.
Raise your Vibration!

08:30–09:30 **Vinyasa Yoga:** Heart-Opening Flow

Following the morning practice

Closing circle to reflect and manifest.

Between sessions, there is plenty of time to enjoy all that Das Kranzbach has to offer – from leisurely meals and restorative time in the Badehaus, with its saunas, steam rooms and tranquil relaxation areas, to spa treatments and walks through the surrounding landscape.

For reservations and further information, please contact us:

+49 8823 92 8000

info@daskranzbach.de

www.daskranzbach.de