

Finding balance in body and mind

Sunday, June 7 to
Wednesday, June 10, 2026





Laura Miller is a Yoga Alliance-registered yoga teacher specializing in Vinyasa and Yin Yoga.

“My background in the performing arts shapes my teaching – flowing movement, mindfulness and presence come together to create a holistic yoga experience for body and mind.”

What began as physical balance quickly developed into a deep passion for yoga and its positive impact on inner equilibrium. A formative yoga retreat in 2019 inspired her to create her own retreats, in which yoga and meditation merge with wellness, relaxation and mindful time-out.

„Join me on a journey through movement, meditation and breath work to slow down, reconnect and invite more balance into your life.”

Laura Miller’s retreats take place in carefully chosen locations, set in nature that brings calm and lets everyday life fade into the background. “Das Kranzbach embodies this atmosphere for me in a very special way,” she emphasizes.

What can you expect at the retreat “Finding balance in body and mind”?

This retreat combines energizing Vinyasa and playful Ladder flows in the morning with deeply relaxing Yin and restorative sessions in the evening – a harmonious balance of energy, letting go and regeneration.

The retreat is suitable for both beginners and advanced practitioners, as well as for all age groups.

Note: The retreat will be held in English.

SCHEDULE

SUNDAY

4:30 - 5:45 pm **Yoga: Slow Flow to Restore.**
Meeting point: Yoga Studio

MONDAY

08:00 - 08:30 am **Meditation and pranayama: Finding your breath. Surrendering to reconnect.**
Meeting point: Bar – walk to the Meditation House

08:30 - 09:30 am **Yoga: Gentle Vinyasa Flow.**
Meeting point: Meditation House

4:30 - 5:45 pm **Yang to Yin Flow.**
Meeting point: Yoga Studio

TUESDAY

08:00 - 08:30 am **Meditation and pranayama: Setting down your burdens. Breathwork for Balance.**
Meeting point: Bar – walk to the Meditation House

08:30 - 09:30 am **Yoga: Fun Ladder Flow.**
Meeting point: Meditation House

4:30 - 5:45 pm **Chakra Balancing Yin.**
Meeting point: Yoga Studio

WEDNESDAY

08:00 - 08:30 am **Meditation and Pranayama: Breathwork for Energy. Raise your Vibration!**
Meeting point: Bar – walk to the Meditation House

08:30 - 09:30 am **Yoga: Heart opening Vinyasa Flow.**
Meeting point: Meditation House

then **Closing circle: Reflect and Manifest.**

Finding balance in body and mind

Sunday, June 7 to
Wednesday, June 10, 2026

Between the 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**