

Fascia Yoga – more flexibility and stretch

Sunday, 29 November –
Wednesday, 2 December 2026



VITA MICHAELA MAYR

For me, yoga and coaching are a vocation. I want to give people lots of energy, joy of life and heart-warmth in yoga and coaching, and help them experience their own uniqueness and special qualities. I place great value on the different breathing techniques in yoga; they bring mental relaxation and foster strength and clarity.

After my classes, people leave with a relaxed smile on their faces. My main strength is inspiring people, helping them feel content and happy, and supporting them in developing a stronger body and mind.

I have been practicing yoga for more than 20 years. I completed a multi-year Hatha Yoga teacher training (BfY) with a holistic background and finished it with a medical examination. This is considered one of the most demanding disciplines in yoga. In addition, I am a trained and certified yoga therapist, which allows me to respond even more specifically to individual needs in one-on-one sessions.

In order to meet people even more intensively on a mental and emotional level, I expanded my portfolio over 10 years ago with a comprehensive training as Mental Coach (ECA), Health Coach (ECA), and Sports Coach (ECA). I also completed training as a psychotherapeutic Heilpraktikerin. Furthermore, I am a certified hypnotist (DHI) and have achieved the Hypnose Master level (DHI).

For more than 25 years I worked in the travel industry and had the good fortune to get to know many countries, people and religions during that time. I now accompany awareness journeys to the earth's power places.

Discover the fascinating world of fascia and explore the wonderful flexibility and stretch in your body.

Fascia (connective tissue) is often adhered together due to lack of movement and stress, which restricts our body's freedom of movement. In Fascia Yoga the fascia are moved and stretched, loosening adhesions and tangles. Fascia yoga exercises address not only the superficial fascia but also the deeper connective tissue. This helps release blocked energy pathways, increases mobility and improves posture. You will feel younger, fresher and more powerful. Some exercises are performed using fascia (foam) rollers.

SCHEDULE

SUNDAY

- 4:00 pm **Welcome circle**
meeting point: yoga studio
- 4:30 – 6:00 pm **Fascia Yoga to settle in**
- 7:00 pm Dinner together with Michaela Mayr

MONDAY

- 08:00 – 09:30 am **Fascia Yoga** *meeting point: yoga studio*
- 4:30 – 6:00 pm **Fascia Yoga** *meeting point: yoga studio*
- 7:00 pm Dinner together with Michaela Mayr

TUESDAY

- 8:00 – 9:30 am **Fascia Yoga** *meeting point: yoga studio*
- 4:30 – 6:00 pm **Fascia Yoga** and guided meditation
meeting point: bar (walk to the Meditation House)
- 7:00 pm Dinner together with Michaela Mayr

WEDNESDAY

- 8:00 – 9:30 am **Fascia Yoga** with morning meditation
meeting point: yoga studio
- Till 11:00 am Check-out and individual departure

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 **+49 (0)8823 - 92 8000**
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