

Movement. Strength. Balance.  
Through Pilates, strength training and yoga

Sunday, 11 October to  
Wednesday, 14 October 2026



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Vera Kals

A structured training and recovery concept that combines Pilates, targeted strength training, and yoga. Sequenced, interlocking sessions, precise guidance, and ample space for recovery—in an environment that supports focus and calm.

Vera Kals is a certified Pilates and yoga instructor as well as a certified prevention and rehabilitation trainer, and has been teaching for almost 10 years. She comes from the beautiful Salzkammergut region, where she now lives again. Vera originally studied law in Vienna and worked for many years as head of a legal department. After her first yoga teacher training in India, she completed numerous advanced qualifications in the fields of sport and health.

Through her empathy and extensive experience, she is able to respond to the different needs of participants. Her classes are creative, varied, and professionally structured. In her teaching, Vera places great importance on correct and anatomically sound execution of the exercises. She creates a space in her retreats where everyone feels valued and professionally supported.

*Pilates gently activates the stabilizing muscles in a joint-friendly way, with a focus on core stability. This activation is then used for targeted strength exercises using body weight and small equipment, ensuring an effective workout.*

### **Goal of the retreat**

- Improving posture, stability, and mobility
- Introduction to functional strength training and muscle building
- Reducing mental and physical stress through active recovery
- Providing sustainable impulses for daily life

### **Mornings: Pilates & strength training with small equipment**

Pilates is a joint friendly full body workout that focuses on strengthening the abdominal, back, and pelvic floor muscles. Through Pilates we gain better core stability, strengthen the deep muscles, improve posture, coordination, and endurance, and help prevent back pain. Through targeted strength exercises afterward, using body weight and small equipment, we learn how functional muscle building works and apply this knowledge in everyday life.

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## **Afternoons: Yoga for mobility & recovery**

The yoga sessions are a mix of calm and balancing yoga sequences, as well as breath and relaxation exercises. The physical exercises help us gain more flexibility and mobility and support muscle recovery. Through quiet Yin style elements we find the perfect counterbalance to the powerful morning sessions. Targeted breathing exercises (pranayama) increase body awareness and calm the mind. During a guided visualization journey we may experience the feeling of trust and letting go.

*Yoga sessions with a focus on recovery  
promote physical and mental balance with a  
lasting effect.*

*The workshop is suitable for both beginners and advanced participants, as well as for all age groups.*

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### SCHEDULE

#### SUNDAY

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From 2:00 pm	Arrival
4:00 – 4:30 pm	Welcome circle & introduction to the program
4:30 – 6:00 pm	Yoga to arrive
6:30 pm	Dinner together

#### MONDAY

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07:45 – 08:45 am	Pilates & strength training with small equipment
4:30 – 6:00 pm	Recovery-focused Yoga
From 6:30 Uhr	Dinner together

#### TUESDAY

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07:45 – 08:45 am	Pilates & strength training with small equipment
4:30 – 6:00 pm	Recovery-focused Yoga
From 6:30 Uhr	Dinner together

#### WEDNESDAY

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07:45 – 08:45 am	Pilates & strength training with small equipment
08:45 – 09:00 am	Short sharing circle
Till 11:00 am	Farewell and check-out

*Between the training sessions there is time to enjoy Das Kranzbach: our culinary offerings at breakfast, lunch and dinner, the Badehaus with saunas, steam rooms and lounging areas, wellness treatments and cosmetics, and outings into nature, and more.*

Reservation and more information at **+49 (0)8823 - 92 8000**  
**info@daskranzbach.de** or **www.daskranzbach.de**