



TriYoga®

Bad Tölz

TriYoga® Retreat with Yogini Kaliji

Friday 4. - Sunday 6. August 2023
Bad Tölz, Germany



PROGRAM

FRIDAY, 4. AUGUST

6 – 9 p.m.	TriYoga® Basics	Evangelisch-Lutherisches Dekanat Bad Tölz
------------	-----------------	---

SATURDAY, 5. AUGUST

9 – 12 a.m.	TriYoga® Free the Hips	Evangelisch-Lutherisches Dekanat Bad Tölz
12 – 3.30 p.m.	Lunch and break	Hotel Bergeblick
3.30 – 6.30 p.m.	TriYoga® Free the Spine	Evangelisch-Lutherisches Dekanat Bad Tölz
6.30 – 8 p.m.	Dinner	Hotel Bergeblick
8 – 9 p.m.	Satsang - Mudras	Hotel Bergeblick

SUNDAY, 6. AUGUST

9 – 12 a.m.	TriYoga® Level 1	Evangelisch-Lutherisches Dekanat Bad Tölz
12 – 2.30 p.m.	Lunch and break	Hotel Bergeblick
3.30 – 5.30 p.m.	TriYoga® Level 2	Evangelisch-Lutherisches Dekanat Bad Tölz
5.30 p.m.	Dinner	Hotel Bergeblick

INFORMATION ABOUT THE PROGRAM

Evangelisch-Lutherisches Dekanat Bad Tölz, Schützenweg 10, 83646 Bad Tölz

Hotel Bergeblick, Wackersberger Straße 21, 83646 Bad Tölz

The Evangelisch-Lutherisches Dekanat is below the Wackersberg, the Hotel Bergeblick is on the Wackersberg. There is a footpath in between. 20 minutes before yoga there will be a shuttle from the Hotel Bergeblick to the yoga room down the mountain. After yoga there will be a shuttle up the mountain to the Hotel Bergeblick.

During lunch break, you can take wonderful walks around the Hotel Bergeblick.

If you want to leave at 5.30 p.m. on Sunday immediately after the yoga session and no longer want to eat on site, you can get dinner in a box-to-go. This box will be available after the yoga in the Evangelisch-Lutherisches Dekanat.

All lessons take place with German translation.

FOOD

The price includes a lunch and dinner buffet from Pink Elephant Cooking on Saturday and Sunday.



Pink Elephant Cooking prepares fresh, plant-based food rich in vital substances during the lunch break and for dinner.

The dishes are not only delicious, but also easy to digest and are prepared with a lot of love.

We offer a diverse selection of creative, wholesome soul food dishes that will pamper your taste buds and adequately cover your nutritional needs. Our colorful salads are enriched with sprouts, sprouts, nuts and seeds to give you an extra portion of vital substances. We also offer fermented vegetables and fresh sourdough bread.

Especially for a yoga retreat, a balanced plant-based diet is one of the best choices. Thanks to our many years of yoga practice and the experience of having cooked many yoga retreats and teacher training courses, we have optimized our menu with creative variety to ensure that the participants benefit from it in the best possible way. Our meals provide body and mind with enough energy for yoga practice and provide reserves for the rest of the day.

We regard nutrition as one of the decisive factors for a healthy and vital life. That's why we attach great importance to using high-quality, plant-based ingredients and preparing our dishes with love and care. At Pink Elephant Cooking, your well-being is the focus and we look forward to spoiling you with our delicious, vitality-rich cuisine.

ADDITIONAL INFORMATION

PRICE

365 € – excl. accommodation

ACCOMMODATION

A contingent of rooms will be kept available in the **Hotel Bergblick** and **Hotel Marienhof** until July 2nd. Please book the accommodation directly and mention that you are participating in the TriYoga® Retreat with Yogini Kaliji. Because then you get the discounted rate.

Hotel Bergblick

Wackersberger Straße 21, 83646 Bad Tölz

E-Mail info@hotel-bergeblick.de

Website www.hotel-bergeblick.de

Each booking includes the following services:

- Rich, regional breakfast (also vegan)
- Use of the luxurious SENSES SPA including fruit and drinks in the wellness area, with a total of 4 saunas, 2 infrared cabins, relaxation rooms, Bavarian pool and outdoor area
- Pool, meditation room and nature gym
- On request, a wellness bag with a bathrobe during your stay
- Free parking
- Free WIFI

Room rates:

Forest view double room – €119,00 per person in a double room/per night incl. breakfast

Forest view double room – €104,00 per person in a double room/per night excl. breakfast

Double room for single use with a forest view – €178,00 per single room/per night incl. breakfast

Double room for single use with a forest view – €163,00 per single room/per night without breakfast

Hotel Marienhof

Bergweg 3, 83646 Bad Tölz

E-Mail hotelmarienhoftoelz@gmail.com

Website www.marienhof-toelz.de

Room rates:

Double room – €75.00 per person in a double room / per night including breakfast
(no price change excluding breakfast)

Single room – €110.00 per single room / per night including breakfast
(no price change excluding breakfast)

If you require a vegan breakfast, please state this when making your reservation.

ADDITIONAL INFORMATION

EQUIPMENT

Please bring your own yoga mat and props. If necessary, however, equipment from TriYoga® Center Bad Tölz can be borrowed. Please send information to info@yoga-bad-toelz.de if equipment is required.

REGISTRATION, BANK DETAILS AND CONTACT

Registration is via the registration form online at www.yoga-bad-toelz.de/retreats and is complete upon receipt of payment.

Kathrin Purmann

Hypo Vereinsbank

IBAN DE65 7002 0270 0015 7009 43

BIC HYVEDEMMXXX

info@yoga-bad-toelz.de

+49 172 8255394

CANCELLATION POLICY

Cancellation Policy Retreat

Retreat - Yoga and Food - Price 365€

If you cancel by July 21, 2023, the participation fee will be refunded minus a processing fee of €30.

Cancellation policy Hotel Bergeblick

Bookings can be canceled free of charge up to 14 days before arrival. In the case of later cancellations, shortening of the stay after arrival and non-appearance at the hotel, we charge 90% of the total price.

Cancellation Policy Hotel Marienhof

Bookings can be canceled until July 15, 2023. If you cancel later, we charge 100% of the total price.



Limited number
of participants –
register now!