

Relais & Châteaux Castel Fragsburg

BREATHE . BLOOM . RENEW.

Yoga & Pilates Days

Springtime Moments of Mindfulness, Movement & Sensory Delight

May 19–22, 2025

As spring awakens, the Fragsburg – South Tyrol's finest retreat – invites you to pause and reconnect with body, mind, and soul.

"Breathe. Bloom. Renew."

is an invitation to gently return to yourself – through breath, movement, and inner balance.

Surrounded by the Alpine beauty of Castel Fragsburg, a bespoke **Yoga and Pilates** program awaits you, enriched by **meditation, breathwork**, and inspiring moments of stillness.

Each day culminates in a gourmet dining experience by **Michelin-starred chef Egon Heiss** – set against the scent of blooming gardens and the panoramic mountain views of Merano.

A retreat that blends mindfulness, nature, and pleasure into a truly unforgettable experience.

Breathe. Feel. Bloom

A GLIMPSE INTO YOUR DAY

Monday, May 19

- From 2:00 PM – Arrival and check-in
- 5:00 PM – Refreshing welcome drink on the panoramic terrace
- 6:00 PM – Opening Circle & Prana Vinyasa Yoga Flow in the courtyard of the 12th-century castle
- 7:00 PM – Gourmet dinner with breathtaking sunset views over the rooftops of Merano (bookable for an additional fee)

Tuesday, May 20

- 7:00 AM – Gentle morning practice – breathwork, meditation & fluid yoga movements in the castle courtyard
- 8:00 AM – Breakfast on the hotel's panoramic terrace
- Morning – Free time for spa, forest walk or retreat
- 2:00 PM – Energizing Pilates – powerful & conscious, inside the castle
- 5:30 PM – Candlelight Slow Yoga Flow in the castle's Knights' Hall
- 7:00 PM – Dinner at the Hotel's Orangerie Restaurant under the stars of South Tyrol (bookable for an additional fee)

Wednesday, May 21

- 7:00 AM – Meditation and gentle Sunrise Yoga Flow in the castle courtyard
- 8:00 AM – Breakfast on the panoramic terrace
- 10:30 AM – Hike with yoga and meditation session in nature
- 12:30 PM – Picnic in the castle garden
- 5:00 PM – Energizing Pilates – powerful & conscious, inside the castle
- 7:00 PM – Dinner at the Orangerie Restaurant under the South Tyrolean night sky (bookable for an additional fee)

Thursday, May 22

- 7:00 AM – Meditation & breathwork session followed by the Closing Circle
- 8:30 AM – Farewell breakfast with panoramic views
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WHAT AWAITS YOU

- 3 nights at the exclusive Relais & Châteaux Castel Fragsburg*****
- Gourmet cuisine by Michelin-starred chef Egon Heiss (bookable for an additional fee)
- 3 guided morning meditations focused on breath & mindfulness
- 2 flowing yoga sessions in **Prana Vinyasa style** – uplifting, creative, conscious
- 2 energizing Pilates sessions – strengthening and balancing
- Time for retreat, enjoyment & personal growth
- Guided nature hike

- • Picnic in the courtyard of the medieval castle

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THE ESSENCE OF BREATHE. BLOOM. RENEW.

- **A place steeped in history and magic:** Relais & Châteaux Castel Fragsburg, with only 20 unique suites – a castle above Merano, a sanctuary in nature surrounded by 50,000 m² of gardens
- **A curated movement experience:** Yoga, Breathwork, Somatics & Pilates – professionally guided and thoughtfully designed
- **Sensory gourmet cuisine:** Michelin-star sophistication meets lightness and pleasure
- **Luxurious privacy:** Few guests – plenty of space for rest and renewal

