

Relais & Châteaux Castel Fragsburg

Ground & Root – Back to Your Inner Power

# Yoga & Pilates Days

A sanctuary for body, mind, and soul – wrapped in the golden stillness of autumn.

October 20–23th, 2025

*A sanctuary for body, mind, and soul – wrapped in the golden stillness of autumn.*

As the light softens and the world begins to slow down, autumn offers a precious invitation: to turn inward, reconnect, and root deeply in our inner strength.

High above Merano, nestled in the serene elegance of Castel Fragsburg, we welcome you to a unique experience of mindful movement, refined stillness, and conscious indulgence.

The **Yoga & Pilates Days "Ground & Root"** are designed for those who seek clarity and connection – through grounding practices, quiet reflection, and curated moments of joy.

**Breathe. Feel. Ground.**

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## A GLIMPSE INTO YOUR DAY

### Monday, October 20

- 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 our 12th-century castle
- 7:00 PM – Gourmet dinner with breathtaking sunset views over the rooftops of Merano (bookable for an additional fee)

### Tuesday, October 21

- 7:00 AM – Gentle morning practice – breathwork, meditation & fluid yoga movements at the castle.
- 8:00 AM – Breakfast in our Orangerie or 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, October 22

- 7:00 AM – Meditation and gentle Sunrise Yoga Flow in the castle.
- 8:00 AM – Breakfast in our Orangerie or on the panoramic terrace
- 10:30 AM – Hike with yoga and meditation session in nature
- 12:30 PM – **Autumn garden picnic** (weather permitting)
- 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, October 23

- 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 THIS RETREAT:

- **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 m<sup>2</sup> of gardens
- **A curated movement experience:** Yoga, Breathwork, Meditation & 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

