

Alchemistic Yoga Retreat

from April 22 to 26, 2026

With our modern alchemist [Renate De Mario Gamper](#)

Guest yoga teacher & osteopath Romana Kucic

Instruction is provided exclusively in German.

A retreat for body, mind, and soul the Alchemistic Yoga Retreat at the [Relais & Châteaux Hotel Castel Fragsburg](#) combines inner reflection with the magic of nature, the highest culinary quality under the guidance of our Michelin-starred chef [Egon Heiss](#), sustainable awareness, and the inspiring atmosphere of historic architecture.

Day 1 – Wednesday, April 22, 2026

- Individual arrival & settling in
- Check-in to rooms: from 2:00 PM
- 4:30 PM: Welcome aperitif on our terrace with breathtaking panoramic views; introduction to the [philosophy of the house](#) and round of introductions
- Afterwards, guided tour of the hotel and walk to the [Fragsburg Soul Garden](#) and the medieval castle
- 6:00 PM: Opening Circle “Arrival Yoga” with Romana in [the medieval castle](#) (1 hour)
- 7:30 PM: Shared dinner at the hotel’s restaurant, Orangerie

Day 2 – Tuesday, April 23, 2026

- 7:30 AM: Morning meditation and Pranayama in the medieval castle
- 8:00 – 9:30 AM: Jivamukti Yoga in the medieval castle
- 10:00 – 11:00 AM: Shared breakfast at the hotel
- 11:00 AM – 2:00 PM: Free time / [opportunity for spa treatments*](#)
- Alternatively: 11:30 AM: Experience 1 [Biophilia](#) with Renate (until approx. 2:00 PM) **
- 2:00 PM: Shared Light Lunch at the hotel’s Orangerie restaurant
- 3:00 – 5:30 PM: Free time / [opportunity for spa treatments*](#)
- 5:30 PM: Restorative / Yin Yoga in the medieval castle (1.5 hours)
- 7:30 PM: Shared dinner at the hotel’s Orangerie restaurant

Day 3 – Friday, April 24, 2026

- 7:30 AM: Morning meditation and Pranayama in the medieval castle
- 8:00 – 9:30 AM: Jivamukti Yoga in the medieval castle
- 10:00 – 11:00 AM: Shared breakfast at the hotel
- 11:00 AM – 2:00 PM: Free time / [opportunity for spa treatments*](#)
- 2:00 PM: Shared Light Lunch at the hotel's Orangerie restaurant
- 3:00 – 5:30 PM: Free time / [opportunity for spa treatments*](#)
- Alternatively: 4:00 PM: Experience 2 [Green Smoothie Workshop](#) with Renate in the castle**
- 5:30 PM: Restorative / Yin Yoga in the medieval castle
- 7:00 PM: Shared dinner at the hotel's Orangerie restaurant

Day 4 – Saturday, April 25, 2026

- 7:30 AM: Morning meditation and Pranayama in the medieval castle
- 8:00 – 9:30 AM: Jivamukti Yoga in the medieval castle
- 10:00 – 11:00 AM: Shared breakfast at the hotel
- 11:00 AM – 2:00 PM: Free time / [opportunity for spa treatments*](#)
- 2:00 PM: Shared Light Lunch at the hotel's Orangerie restaurant
- 2:00 – 5:30 PM: Free time / [opportunity for spa treatments*](#)
- Alternatively: 4:00 PM: Experience 3 [Incense ritual](#) in the castle with Renate**
- 5:30 PM: Restorative / Yin Yoga in the medieval castle
- 7:00 PM: Shared dinner at the hotel's Orangerie restaurant

Day 5 – Sunday, April 26, 2026

- 7:30 AM: Morning meditation and Pranayama in the medieval castle
- 8:00 – 9:30 AM: Closing Circle, Jivamukti Yoga in the medieval castle
- 10:00 – 11:00 AM: Shared breakfast at the hotel
- 11:00 AM: Check-out
- from 11:00 AM: [Spa treatments](#) may still be booked during the day! *

Useful information

The yoga sessions are suitable for all levels and will be adapted to the participants.

Due to limited availability, we kindly ask for early reservations for any spa treatments desired.

Experiences with Renate De Mario Gamper:

These experiences can be booked for a minimum of 4 participants at a special rate of €50 per person per experience.

We kindly request timely booking of the experience offered for internal planning and organization.