

# TRATTER HOF

MOUNTAIN  
SKY HOTEL  
DOLOMITES



## **Privat Yoga class**

**This path is especially tailor-made according to your physical and energetic features and suits the season of the life you are in as well as the season of the year. After listening to your goals, we design this journey that we share together to meet the needs of your body, appease your mind and nurture your soul. You become aware of your breath, relax and, at the same time, strengthen your body and learn to stop the wanderings of your mind. Your body becomes flexible, your mind focused and you feel a renovated sense of wellbeing.**

## **Tibetan Singing Bowl Ceremony**

**The singing bowl ceremony is a highly effective relaxation method. Physical and mental tensions and blockages are loosened by the vibrations and self-healing powers are stimulated. It is based on ancient knowledge about the effect of sounds which were used in the Indian healing arts over 5.000 years ago. Singing bowls are placed on the clothed body and struck. The vibrations penetrate the body and release blockages.**

## **Ayurveda: Abhyanga full body massage**

**During this massage the body is treated with warm, specially prepared sesame oil. The hands, together with the oil, wrap around the body to invigorate it, promote detoxification and balance the skin and hair. The massage relaxes, nourishes the tissues, alleviates sleep disturbances and promotes endurance and concentration.**

