



CASTEL  
**FRAGSBURG**

ONLY 20 UNIQUE SUITES  
NESTLED ON A PRIVATE HILL

# Yoga Retreat

with Ingrid Bott

From Sunday 23rd April until Thursday 27th April 2023





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## THE PACKAGE INCLUDES:

- \* 4 nights in a suite of your choice
- \* Welcome drink on our panoramic terrace
- \* Breakfast Royale
- \* Dinner with 5-course-menu and Fragsburg spring water in our Restaurant Orangerie.  
The farewell dinner will be served in our Maximilian Stube.
- \* 8 yoga classes with Ingrid Bott: Sunday, 5.00-6.00 pm, Monday to Wednesday 7.30-8.30 am and 5.00-6.00 pm and Thursday 7.30-8.30 am
- \* Tuesday at 11.00 am a Biophilia Experience with our modern alchemist Renate De Mario Gamper
- \* Personal assistance by Barbara Cesario from Oracle Journeys
- \* Services included at the Fragsburg

From 2,550.00 € per person

## CONDITIONS

The Yoga Retreat will be held in English.

A minimum of 6 participants is required for the retreat to take place. This will be communicated to the guests up to 3 weeks prior arrival.



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## IN A SPECTACULAR SETTING

You will experience the wondrous power of nature in the Fragsburg forest and park, the safe bubble of the Sanctuarium treehouse on the Fragsburg cliffs and the wise and mystical power of the Castel Fragsburg Paternum knight's castle.





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### ABOUT INGRID BOTT

Ingrid is a French-American, a devoted yoga teacher and former international ski racer, enjoying full immersion in the journey of self-exploration, through yoga for over 15 years.

Her renowned fluid and dynamic yoga teaching style is the extension of Vinyasa designed to express the freedom of movement between mind and body. Blending Vinyasa Flow and Power Yoga she invites you to celebrate power in movement, transformation in transition, and gracefulness in strength. Ingrid's classes allow originality to flow into the sequence and expect the unexpected transitions linking the poses together like a dance to a whole new dimension.



In cooperation with Oracle Journeys.