



HARVEST HARMONY

A holistic yoga retreat by the lakeside

Villa Alma | 10-13 October 2024

DAY 1

Thursday

PRELIMINARY ITINERARY

From 15:00
Arrival

17:00–18:30
Opening Circle

19:00 Dinner



DAY 2

Friday

PRELIMINARY ITINERARY

7:30–8:00

Morning Meditation

8:00–9:00

Morning Yoga Practice

From 9:30

Breakfast

14:00

Light Lunch

Individual and group
afternoon activities

17:30–18:30

Wind-down practice

19:00

Dinner



DAY 3

Saturday

PRELIMINARY ITINERARY

7:30–8:00

Morning Meditation

8:00–9:00

Morning Yoga Practice

9:30–12:00

Breakfast & Ayurveda Talk

15:00

Light Lunch

Individual and group
afternoon activities

17:30–18:30

Wind-down practice

19:00

Dinner



DAY 4

Sunday

PRELIMINARY ITINERARY

8:00–8:30

Morning Meditation

8:30–10:00

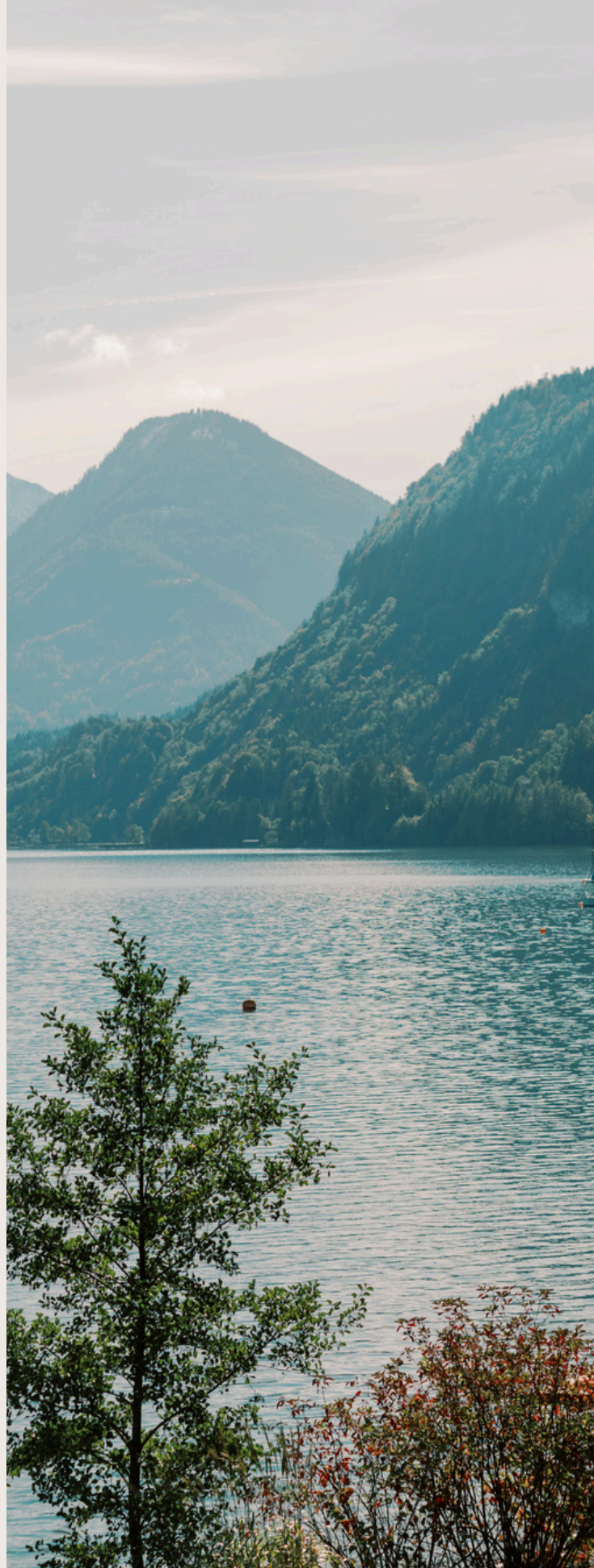
Morning Yoga Practice
and Closing Circle

10:00

Breakfast

From 11:00

Departure





Single Room

- ✓ dream in a private room
- ✓ all activities included
- ✓ food and alcoholfree drinks included
- ✓ free access to sauna & Alma's bikes

2,5 days* – from € 619 pp
3,5 days** – from € 885 pp

Double Room

- ✓ dream in a shared room
- ✓ all activities included
- ✓ food and alcoholfree drinks included
- ✓ free access to sauna & Alma's bikes

2,5 days* – from € 489 pp
3,5 days** – from € 648 pp

Scholarship

- ✓ enjoy a special discount
- ✓ all activities included
- ✓ food and alcoholfree drinks included
- ✓ free access to sauna & Alma's bikes

3,5 days** single – from € 648 pp
3,5 days** double – from € 548 pp

*arrival on Friday

**arrival on Thursday Villa Alma, Mondseestraße 20, 5340 St. Gilgen

Booking & application scholarship:
hello@villaalma.at | +43 664 240 3000

Let us know
why you want
to be part of
"Harvest
Harmony" to
apply!