

# YOGA WEEKEND *at Annaberg*

Overnight stay at our organic farm  
Yoga sessions & guided tours  
incl. tastings at organic herb farm,  
organic alpaca farm  
& organic beekeeping



start from € 400,- for 2 persons





## Organic farm Bergjost

Overnight stay from Fri.-Sun. in a flat  
incl. breakfast basket

Presentation of the apiary incl. tasting  
and yoga session



## Organic farm Gartner

Guided tour of the herb garden  
incl. tasting and yoga session



## Organic farm freude an Alpakas

Alpaca hike: get up close and personal  
with alpacas and llamas  
and yoga session



## Sonja Konrad

Integral Yoga Teacher  
Health Yoga Teacher  
Yoga teacher for seniors  
Meditation and relaxation trainer

# OVERVIEW

## *friday*

Arrival and moving into the apartment at  
the Bergjosl organic farm

## *Saturday*

Breakfast basket from the Bergjosl

in the morning guided tour through the herb garden  
incl. tasting at the organic farm Gartner  
followed by yoga in the herb garden

in the afternoon everything about the life of the honey  
bee and the work of the beekeeper incl. tasting at  
Bergjosl  
followed by yoga in the orchard

## *Sunday*

Breakfast basket from the Bergjosl

Departure from Bergjosl

In the morning, get to know the alpacas and llamas  
at the “Freude an Alpakas” farm  
Yoga session on the alpaca pasture

# PRICES

## *Offer prices*

2 adults in apartment €400

2 adults in the larger apartment with a view of the  
orchard € 440

4 adults in a shared apartment with two separate  
bedrooms € 730

No previous knowledge of yoga is required

Please bring your own yoga mat

Info & booking requests:



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