

07.
Aug 2025

Morning Yoga in the Alvierbad

🕒 Thursday 7:30 o'clock

Duration: 45 minutes

Morning Yoga in Brand by the natural swimming pool

Price

free of charge

Hint / Advice

Yoga mats are available (while stocks last) | Duration approx. 45 minutes | Also takes place in case of rain.

Description

Immerse yourself in a mindful yoga practice against the backdrop of the idyllic natural bathing lake. A soothing experience for body and mind. The yoga session can then be combined with a refreshing dip in the pure mountain spring water of the Alvierbad.

Meeting point

07:30 am at the meadow in the Alvierbad

Anmeldung

no registration required

Arrival Information

Arrival by public transport: Landbus 580, bus stop "Brand Gemeindezentrum". The exact connections can be found at www.vmobil.at.
Travelling by public transport is free of charge with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.



Venue

Alvierbad in Brand

Mühledörfle 77

6708 Brand

[+43 5559 555](tel:+435559555)

tourismus@brandnertal.at

<https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-alvierbad.html> ↗



Organizer

Alvierbad

Mühledörfle 77

6708 Brand

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further dates

date

07.08.2025

14.08.2025

21.08.2025

28.08.2025

time

07:30 o'clock

07:30 o'clock

07:30 o'clock

07:30 o'clock

