

09.
Jul 2025

Mindful into the day - relaxation in the Muut offices garden

🕒 Wednesday 7:00 o'clock

Duration: 1 hour

Start your day consciously - with a morning relaxation session in the Muut Offices garden.

Price

with Guest Card:

€ 20.00 per person

without Guest Card:

€ 25.00 per person

Hint / Advice

The relaxation session only takes place in good weather. The horses are located nearby, but in a separate area. Participation is therefore possible for everyone, even without direct contact with the horses.

Equipment

Come in comfortable clothing, bring your favorite pillow and a soft blanket.

Arrival Information

Arrival by public transport:

Landbus 720, bus stop "Bings Alfenzbrücke/Stallehr", then 10 min by foot. The exact connections can be found at www.vmobil.at. Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

Description

Guided meditations, progressive muscle relaxation and fantasy journeys help you to calm your senses and recharge your batteries. Ideal for anyone who wants to start their day mindfully and treat themselves to some time out.

Dates: July 09, 16, 23 and 30 at 07:00 a.m.

Location: Muut Offices at Werdenbergerstraße 41, 6700 Bludenz

Duration: 60 minutes Cost: 20.00 euros in cash

Note: The relaxation session will only take place in good weather.

Registration required: office@silvia-pferdecoaching.com or via 0664 111 7631

Anmeldung

by 12:00 on the same day, with Silvia Plangg: T +43 664 111 7631



Venue

Bludenz

+43 664 11 17 631

office@silvia-pferdecoaching.com



Organizer

Pferdegestütztes Coaching

+43 664 11 17 631

office@silvia-pferdecoaching.com

further dates

date	time
09.07.2025	07:00 o'clock
16.07.2025	07:00 o'clock
23.07.2025	07:00 o'clock
30.07.2025	07:00 o'clock