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

Brandnertal Tourismus
www.brandnertal.at
Mühledörfle 71
A-6708 Brand
+43 5559 555
tourismus@brandnertal.at

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
tourismus@brandnertal.at
https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-alvierbad.html

Organizer

Alvierbad
Mühledörfle 77
6708 Brand
+43 5559 555
tourismus@brandnertal.at
https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-alvierbad.html

further dates

date	time
07.08.2025	07:30 o'clock
14.08.2025	07:30 o'clock

date	time
21.08.2025	07:30 o'clock
28.08.2025	07:30 o'clock