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Mindfulness & Energy Work at Hotel Damülser Hof - Wellness & Spa

PENDING TU, 17.03.2026

🕒 Tuesday 03:00 PM

Duration: 2 hours

📍 [view on map](#)

Vacations are all about recharging your batteries and finding a balance to everyday life. The best way to do this is in a wonderful setting with a yoga or meditation session (also outdoors in good weather). Whether beginner or advanced - there is something for everyone!

all dates

date	time
Tu, 17.03.2026	03:00 PM
Th, 19.03.2026	03:00 PM
Tu, 24.03.2026	03:00 PM
Th, 26.03.2026	03:00 PM
Tu, 31.03.2026	03:00 PM
Th, 02.04.2026	03:00 PM

Links

> [Homepage](#)







Venue

Hotel Damülser Hof - Wellness & Spa

Damüls 147

6884 Damüls

(+43) 5510 210

hotel@damuelserhof.at

<https://www.damuelserhof.at> ↗



Organizer

Damülser Hof - Wellness & Spa e.U.

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