






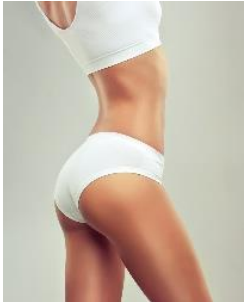


SUSANNE KAUFMANN™ & HOTEL POST BEZAU

Press Calendar – Retreats 2018

DECEMBER 2017	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
01.12. – 05.12. Yoga Retreat with Kathleen Kloss			04.03. – 11.03. Body Rejuvenation with Sicco Schwenzfeger		29.04. – 06.05. Body Rejuvenation with Sicco Schwenzfeger	03.06. – 07.06. Yoga Retreat with Kathleen Kloss		29.07. – 02.08. Yoga Retreat with Kristin Rübesamen			28.10. – 02.11. Yoga Retreat with Kathleen Kloss	02.12.-07.12. Pilates Retreat with Patricia Lipburger-Rehm
05.12. – 10.12. Pilates Retreat with Patricia Lipburger-Rehm	07.01. – 11.01. Yoga Retreat with Kathleen Kloss		14.03. – 21.03. Facial Rejuvenation Retreat with Dr. Brigitte Klett	08.04. – 12.04. Yoga Retreat with Kathleen Kloss	06.05. – 09.05. Yoga Retreat with Kathleen Kloss		10.07. – 17.07. Body Rejuvenation with Sicco Schwenzfeger		09.09. – 14.09. Yoga Retreat with Kathleen Kloss	14.10. – 21.10. Body Rejuvenation with Sicco Schwenzfeger	07.11. – 14.11. Facial Rejuvenation Retreat with Dr. Brigitte Klett	07.12. – 11.12. Yoga Retreat with Kathleen Kloss
		14.02. – 20.02. Detox Retreat				17.06. – 21.06. Yoga Retreat with Claudia Jochum			16.09. – 23.09. Body Rejuvenation with Sicco Schwenzfeger			
	14.01. – 21.01. Body Rejuvenation with Sicco Schwenzfeger	22.02. – 25.02. Yoga Retreat with Claudia Jochum			21.05. – 25.05. Yoga Retreat with Kristin Rübesamen							
			25.03. – 30.03. Yoga Retreat mit Kathleen Kloss	29.04. – 06.05. Body Rejuvenation with Sicco Schwenzfeger	29.05.-03.06. Pilates Retreat with Patricia Lipburger-Rehm		29.07. – 02.08. Yoga Retreat with Kristin Rübesamen			28.10. – 02.11. Yoga Retreat with Kathleen Kloss		

Yoga Retreat with Kathleen Kloss

Yoga of mindfulness

Kathleen Kloss' yoga practice is dynamic, an excellent source of vitality and healthful at the same time. For Kathleen, yoga is purity, abundance and intelligence - "it releases tension and rigidity physically, spiritually and emotionally." She specialises in holistic body work.

Kathleen Kloss' retreat of kundalini yoga with active meditation and chanting await the participants, which promises to be transformational, healing and consciousness-raising. The yoga classes will be adapted individually. The course is suitable for beginners and advanced yogis.

Goal:

- Strengthen the body's self-healing power.
- Increase of energy and joy of life
- Increase self-awareness
- Emotional stability



Consciousness Coach, dipl. Yoga teacher
and specialized in holistic bodywork

Yoga Retreat with Kristin Rübesamen

Combine your strength and listen inside

Stretching, sweating, breathing, moving and relax. This is the philosophy of the Yoaga Retreat of Kristin Rübesamen. Her trainings always have a dynamic flow which can vary from challenging fast to patience demanding slow motion , but always they are physically exciting and clear for the mind.

A challenging Vinyasa practice that makes you clear and strong. Daily experience a centering practice in the morning and a profound practice in the evening

All levels are welcome in the course.

Goal:

- Loosens fascial tissue
- Builds stress by using mindfulness
- Helps to control breathing
- Training the body
- Increases agility and coordination



Trained Jivamukti and Om Yoga teacher, chief editor of www.yogaeasy.de

Yoga Retreat with Claudia Jochum

Yoga as a retreat from everyday life

Claudia Jochum is from Dornbirn in Austria and has been living in Bregenzerwald for 20 years. Since 1992, she has been a yoga trainer and is grateful to pass on her enthusiasm. Her teaching is characterized by a clear yoga therapeutic orientation, powerful, dynamic and at the same time relaxing and meditative.

Her attentive and warm kind invites you to meet with yourself with openness, curiosity and self-acceptance. It is particularly important for her to lead the students individually through "hands on" through the yoga retreat. You leave the room completely refreshed and strengthened in your self.

Goal:

- to get to know the body better
- free the breath and find spiritual peace
- control emotions and feelings
- Mobilize, strengthen and stretch



Yin yoga teacher training, Birthlight Prenatal Teacher, SVASTHA Yoga, Yoga teacher for children and youngsters

Pilates Retreat with Patricia Lipburger-Rehm

Train the Powerhouses

The Pilates Training in the Hotel Post in Bezaú is a holistic and effective training method for strengthening the deep musculature of the body.

The conscious awareness of the body is the most important foundation for feeling a positive change. The foundation of all Pilates exercises is the training of the so-called “powerhouse”, meaning the musculature surrounding the spine in the centre of the body.

Goal:

- Improvement of the body posture, flexibility and coordination.
- Strengthening the musculature of the stomach, back, pelvis and legs
- Increase the conscious awareness of the body, which is the most important foundation for feeling a positive change



Licensed Pilates trainer, studying fitness and health management

Body Rejuvenation with Sicco Schwenzfeger

Get in Shape in the Susanne Kaufmann Spa

The new, effective body rejuvenation concept, developed by Susanne Kaufmann and the therapist Sicco Schwenzfeger, is based on the latest scientific findings in lymphology and myofascial therapy and shows visible results after just a few days.

Goal:

- A sustainable weight and body-size reduction
- Detoxification and improvement of connective tissue
- Rejuvenation of the entire body silhouette
- A girth measurement at the beginning and end of the treatment ensures a measurable success



Lymphatic therapist, massage therapist

Detox Retreat with Susanne Kaufmann

Inner cleansing according to the rules of Traditional Chinese Medicine

Our bodies are severely strained by stress, unbalanced diets and environmental factors. Anyone seeking to maintain their health, comfort and attractiveness should regularly do something to combat these negative effects. TCM detox is the ideal way to free the entire body from oversaturation and toxins.

We offer 4, 7 and 10 days detox retreats all year and the one with Susanne is starting ash Wednesday which is the traditional day to start fasting.

Goal:

- Inner cleansing relieves the body
- Stimulated the metabolism
- Strengthened the immune system



Owner of the Hotel Post in Bezaus and founder of the cosmetics brand Susanne Kaufmann

Facial Rejuvenation Retreat with Dr. Brigitte Klett

Anti Wrinkle Acupuncture

The Anti Wrinkle Acupuncture Facial Rejuvenation is an anti-aging method from Traditional Chinese Medicine (TCM) invented by Virginia Doran and offered at the Hotel Post in Bezaus. The facial rejuvenation acupuncture is based on holistic rejuvenation and natural lifting. With fine acupuncture needles the skin is lifted „This process helps our skin to remember where it once was and also should go back" says Virginia Doran. The goal is an optimal skin quality and healthy radiance.

Virginia Doran is a recognized expert in the field of anti-wrinkle acupuncture. Our TCM-Doctor Dr. med. Brigitte Klett has been certified by Virginia Doran.

Goal:

- Accelerates the circulation of life energy qi and blood, stimulating collagen production and lymph flow at the same time.
- Muscle and skin tonus as well as skin moisture and texture improve significantly.
- The pore size is regulated



Leader of a private treatment centre for Integrative German-Asian medicine (IDA)