



HOTEL POST BEZAU
SUSANNE KAUFMANN SPA

Retreats



A retreat is a planned period of seclusion from everyday life and is used as a time for inner reflection and contemplation. At Hotel Post Bezau, we fully embrace the importance of retreats and our mission is to support and help you as you learn to leave behind the stresses of daily life, to pause and breathe deeply, to be close to nature, to move your body and to let go. It is this vision combined with the varied range of services on offer that make the retreats at Hotel Post Bezau so unique. From yoga to the full detox retreat program, we focus on helping you detach from the heavy demands that modern life places on both the body and mind.

“The noise of everyday life often distracts us from the essential, so it is important to find some peace in order to refocus.”

Aim of the retreats: To find calm, look good and to simply feel well – to properly take notice of your body and gather new strength. Harmony and union form the basis of the retreat - sustainable health is the result. A hand-picked selection from our cuisine, wellness, and sports offerings will round off your stay at Hotel Post Bezau.

Hotel Post Bezau is a haven of relaxation and inspiration for a healthy lifestyle for all its guests. Creating a supportive and liberating space for her guests is of central importance to Susanne Kaufmann who believes, that it is the guests themselves who know best what they need in order to fully relax. To ensure that everyone's personal requirements are met, Hotel Post Bezau combines a holistic spa concept with a varied activity programme, beautiful natural surroundings, and gourmet moments to create a perfect holiday experience.

Hotel Post is located in Bezau, Vorarlberg, and is surrounded by the mountains, forests and meadows of the Bregenzerwald. The 54 beautiful and puristic rooms and the four suites are all decorated using locally sourced natural materials such as wood, leather, felt, and hand-woven linen.

Susanne Kaufmann's innovative spa concept is the result of many years of experience running the **SUSANNE KAUFMANN SPA**. At Hotel Post Bezau we combine prevention and regeneration, TCM Detox, exercise and beauty treatments to create a holistic experience for our guests.

The beautiful, purist bathing house has three levels offering various saunas: a Finnish sauna, a bio-sauna, a steam bath and a garden sauna, an indoor pool, an outdoor saline pool with a clear view of the mountains, an open-air whirlpool, two rest areas, and a large sun deck.

The hotel's gourmet kitchen strives to create extraordinary flavours using natural ingredients. In addition to regional delicacies with vegetables from the hotel's own garden, the kitchen team also offers a balanced TCM Detox cuisine.





TCM Detox Retreat

TCM Detox is the ideal way to free the entire body from acidification and toxins. Inner cleansing relieves the body, the metabolism is stimulated and the complexion is cleared up. TCM Detox aims to develop a deeper understanding of the effects of diet on the human organism.

Therapy

TCM Detox was developed by Susanne Kaufmann together with Dr. Brigitte Klett, who has run the medical programmes at Hotel Post Bezaue for many years. The TCM Detox Retreat is particularly effective and comprehensive and is based upon the methods of Traditional Chinese Medicine. Each programme begins with a thorough diagnosis using TCM as a basis for prescribing a personal therapeutic and nutrition regimen. This innovative form of detox not only frees the body of excess pounds but also helps to remove toxins and discard superfluous ballast. The metabolism is stimulated, the blood pressure, cholesterol and blood sugar are reduced, connective tissue is tightened, and the complexion is clarified. The life energy throughout the entire body is stimulated and able to flow.

TCM Detox Retreats

- 10-day intensive detox treatment. A highly effective and comprehensive detox programme for the detoxification of the body as well as beauty inside and out.
- 7-day detox treatment. This innovative form of detox not only removes toxins and discards excess ballast but also initiates a cleansing process in the body.
- 4-day detox treatment. For those who already have experience with detox or for those who want to acquaint themselves with the topic of detox.

“Our concept is
the first step
to inner and outer
harmonisation.”

Doctors

Dr. Brigitte Klett worked in her own general medicine practice in Stuttgart for almost 30 years. During this time, she also studied to advance her knowledge of Chinese therapeutic methods in both China and Germany.

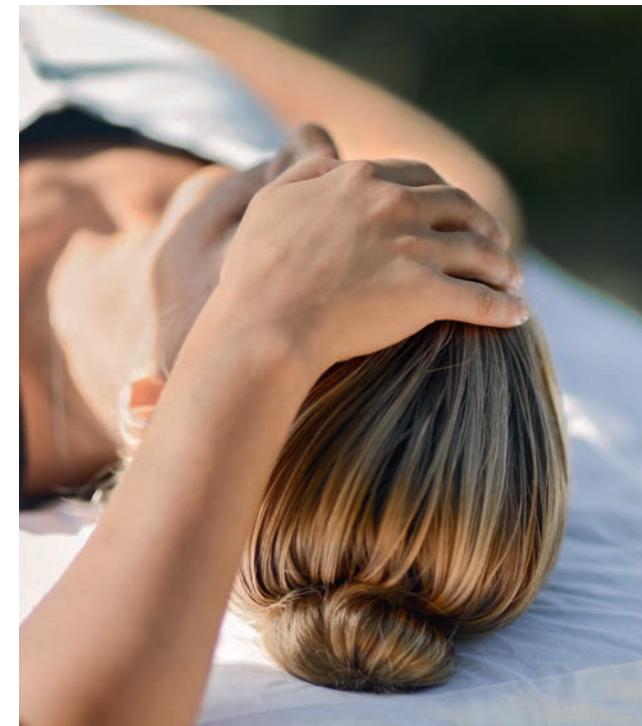
Dr. Michaela Janetschek provides a comprehensive diagnosis, combining the approaches of western medicine with the criteria of Traditional Chinese Medicine. She trained at the Austrian Medical Association for Acupuncture under the tutelage of Claude Diolosa.

Dr. Joachim Lohmann works in his own practice in Germany as a specialist for general medicine and naturopathic treatments. He completed his TCM training at the Societas Medicinae Sinensis in Munich.



Yoga Retreat with Kathleen Kloss

Kundalini and mindfulness yoga embody a true commitment to one's self. The ultimate aim of this retreat is to support participants in finding a sense of completeness, a process that begins inside oneself. Through regular practice, the inner strength discovers the power to evolve and grow.



“Everything that
does not come
from beauty, love
and inner peace
is not truth.”

Kathleen Kloss

With her own unique technique, Kathleen has created a new pathway to practice yoga. As well as being an experienced and fully certified yoga teacher, Kathleen is also a consciousness coach and healer. Her calm presence, her precision and her sensitivity in her teaching practice create the perfect environment for individuals to open up their inner selves to a space of healing and reflection in which true change is possible.

Programme

The retreat involves overnight stays with Post Premium Board and is structured around daily yoga practice. In between classes, there is plenty of time to enjoy long walks, saunas or beneficial treatments at the **SUSANNE KAUFMANN SPA**. The retreat is suitable for both beginners and advanced practitioners.

“Deep contentment affords us unlimited happiness.”



Claudia Jochum

Claudia's yoga path took her via the “yogic support” of children and adolescents to aerial yoga in Zurich, where in 2011 she completed her yoga teacher training under the guiding principles of the Yoga Alliance. She has also completed advanced trainings earning her diplomas in Yoga Teaching for Children and Adolescents and Birthlight Prenatal Teaching. Furthermore she completed a Yin Yoga teacher training with Josh Summer and further training in SVASTHA Yoga Therapy.

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Yoga Retreat with Claudia Jochum

The yoga classes in this retreat focus on yoga-therapy to create a practice which is simultaneously powerful, dynamic, relaxing and meditative. The asanas in this course help to connect the body, breath, and mind and to reawaken awareness in all areas.

Yoga Retreat with Kristin Rübesamen

A dynamic flow develops during all yoga lessons as some postures move quickly, while others are held for longer as if in slow motion. The more challenging Vinyasa style of sequences and the meditation help to bring clarity and strength – both physically and mentally.



“Finding tranquillity through movement.”

Kristin Rübesamen

Kristin has been a Jivamukti and Om yoga teacher for over twenty years. She lived in New York and London for more than a decade and completed her training under the personal tutelage of Sharon Gannon and David Life (Jivamukti training, 2005) and Cyndi Lee (Om yoga training, 2000). She is also the Managing Editor of YogaEasy.de.

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Pilates Retreat with Patricia Lipburger-Rehm

Pilates is a method of whole body training that uses targeted exercises to strengthen the body's musculature system, in particular the abdomen, as well as the back, pelvis and legs. The training of the supportive muscle tissue also helps to increase flexibility whilst building lean muscle mass. The intensity of the training increases each day to ensure optimal results.



“Through deliberate awareness of the body, one can bring about positive change.”

Patricia Lipburger-Rehm

Our licensed Pilates trainer, Patricia, is from the surrounding Bregenzerwald region. With a particular focus on each individual participant, her course teaches ways of developing a healthy, sustainable, and above all satisfying lifestyle.

Programme

This retreat involves overnight stays with Post Premium Board and includes daily Pilates sessions. These classes include classic mat work as well as circuit training with barbells, Thera bands and myofascial rollers. In between classes, there is plenty of time for long walks, reflection, saunas or beneficial treatments at the **SUSANNE KAUFMANN SPA**. The retreat is suitable for beginners and more advanced levels though attendees should be in good basic condition.





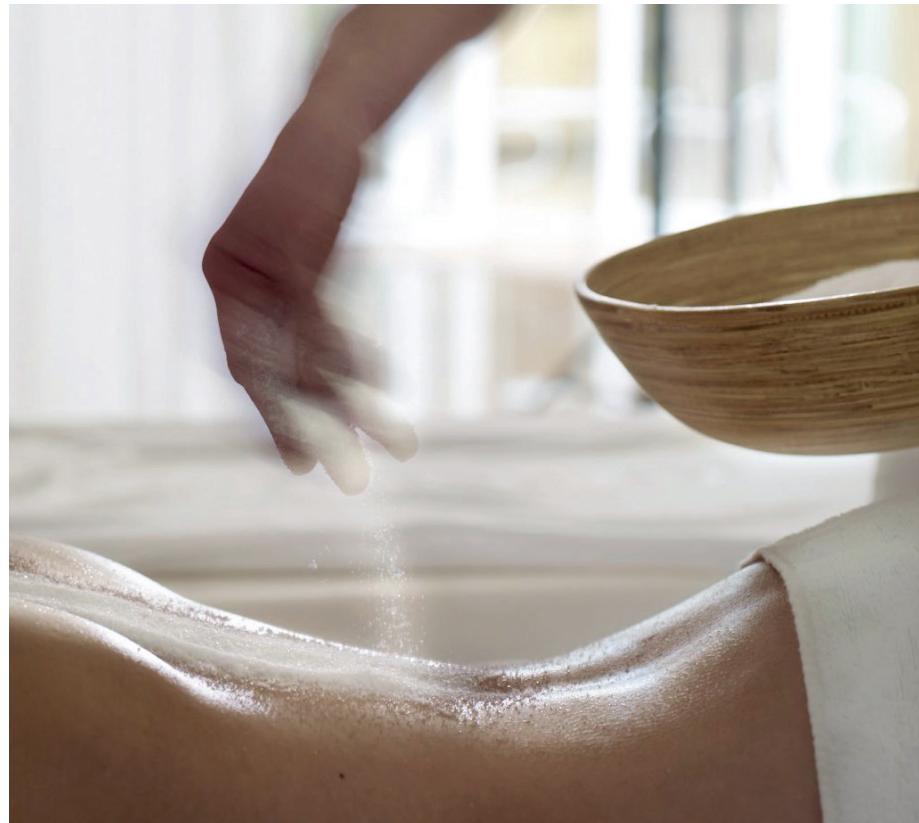
The Susanne Kaufmann Spa is a place of beauty and relaxation that centres around a holistic approach to wellbeing. Here you'll find a highly specialized and innovative Spa and Detox concept that combines the principles of TCM Detox with a wealth of skin expertise, a range of highly effective natural skin and body care products, and a wide selection of treatment techniques for both face and body.

“More than 15 years of experience and knowledge in the Susanne Kaufmann Spa are reflected in the products and treatments.”

At the visionary heart of the **SUSANNE KAUFMANN SPA** lie the principles of natural anti-aging, TCM Detox, and body rejuvenation. Here in Bezaus, we have already departed from the traditional approach of merely treating symptoms. We go deeper and embrace the truth that each person is their own complex and individual being who must be treated as such. Susanne Kaufmann believes that in the future all spas will follow this approach and will be geared towards treating each person as a holistic system.

All of the products used in the spa come from our own skin and body care line. They are natural, efficacious and particularly gentle to the skin. The line is currently made up of more than 90 dedicated products for the face and body.

Susanne Kaufmann is committed to the belief that with the help of natural active ingredients and the latest in technology, it is truly possible to improve the skin's potential. She and her team share a passion for discovering the best ingredients, a dedication to product research and development, and carefully monitor the production process from start to finish in order to ensure the highest quality products.



Body Rejuvenation Retreat

Body rejuvenation forms the basis for a sustainable weight and body-size reduction, detoxification, improvement of the connective tissue, as well as a rejuvenation of the entire body. A waist girth measurement is taken at the beginning and end of the treatment to ensure measurable success.

“Everyone has
the possibility to
rejuvenate their
own body.”

Sicco Schwenzfeger

The effective body rejuvenation retreat developed by Susanne Kaufmann and therapist Sicco Schwenzfeger is based on the latest scientific discoveries in the fields of lymphology and myofascial therapy. Sicco Schwenzfeger is a renowned masseur with special training in lymphatic and myofascial therapy.

Nutrition

Of course, there is no magic food that will get rid of cellulite, but a nutritionally balanced diet combined with sufficient exercise will quickly improve its appearance. Body Rejuvenation is designed to accompany you both during your retreat at Hotel Post Bezau, as well as at home to continuously benefit from weight reduction and improvement of any metabolic disorders. Central to this is the transition to a low glycaemic, alkaline-rich diet which helps the body to control its insulin levels so that less fat is deposited and connective tissue remains tight.

Movement

Exercise is vital for holistic rejuvenation. Losing excess weight, building muscle tissue and encouraging circulation are the most important ways to tone the body. Today's lifestyle means that we predominantly work while sitting down and that our lives are often stressful and hurried. Exercise creates a balance and can help to promote wellbeing. It is important to choose a sport that you will be able to keep up for a long period of time.

Therapy

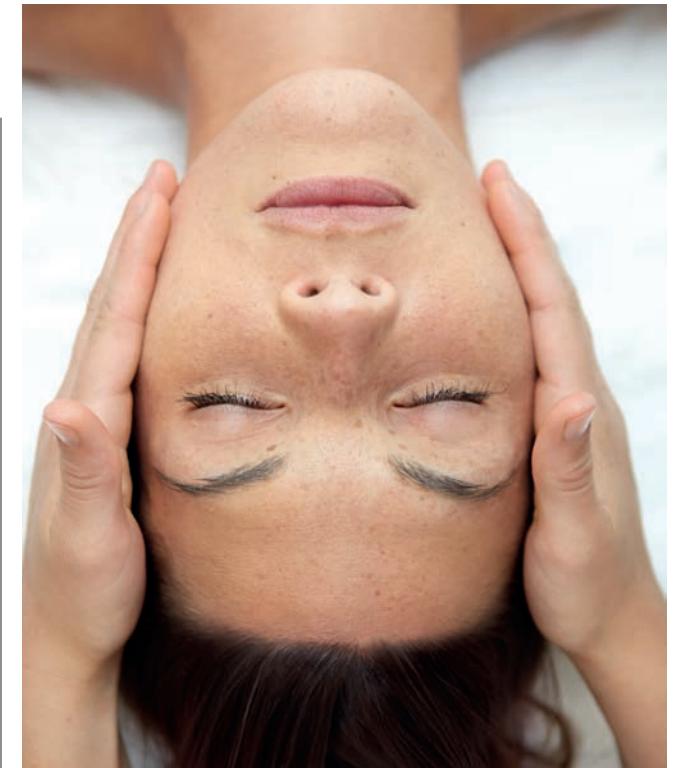
In order to understand how body rejuvenation works, it is helpful to know how weight and connective tissue problems arise. The treatment concept works on three levels. Firstly, products designed to activate and release fat cells as well as remove toxins are applied before the body is enveloped in wraps to help these potent ingredients to penetrate more deeply. Lymph massage techniques are then used to assist the body in flushing out these freshly released toxins. A smooth fascial tissue is vital to ensure an unrestricted transportation of the lymphatic fluid, which is responsible for the absorption of nutrients on a cellular level, as well as the elimination of cellular waste products and toxins. Tighter and stronger skin is the result.

Facial Rejuvenation Retreat

The facial rejuvenation method by Virginia Doran involves a holistic approach using acupuncture to rejuvenate and naturally lift the face. The aim is to delay the aging process of the skin, remove existing damage and make the appearance visibly younger.



“The wish to remain young and beautiful is as old as humanity itself.”



Virginia Doran

Virginia Doran is a recognised expert in the field of anti-wrinkle acupuncture. Since 1980, she has worked as an instructor and teacher in the field of holistic health on the topics of acupuncture, TCM, and nutrition. She has practised and taught the methods of facial rejuvenation worldwide since 1995.

Doctors

Doctors Brigitte Klett and Michaela Janetschek have been an intrinsic part of the team of doctors at Hotel Post Bezaú for many years. In addition to their work as general practitioners, they are also devotees to the practice of Traditional Chinese Medicine. They both completed their facial rejuvenation training under Virginia Doran.

Therapy

The purpose of this course is to stimulate and make use of the self-healing powers of the body. The first step is a detailed tongue and pulse diagnosis. A fundamental belief of TCM is that the aging process is closely linked to a decelerated energy flow of the body's meridians of longitude. The placement of ultra-thin needles on the face increases circulation and prompts collagen production, thereby giving the face a radiant glow while muscle tone, skin moisture and structure are improved. Additional advanced anti-aging treatments support this therapy.



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