HOTEL POST BEZAU

by Susanne Kaufmann

New from January 2020 at Hotel Post Bezau by Susanne Kaufmann
Fitness & Health Retreat by Julian Kleinheinz

This seven-day Fitness & Health Retreat by Julian Kleinheinz at Hotel Post Bezau by Susanne Kaufmann is all about holistically streamlining and strengthening the body, promoting greater physical flexibility, and providing nourishment through locally-sourced food. It was developed with personal trainer, athletics coach and sports scientist Julian Kleinheinz from Juklhealth.

With an integrated approach, the Susanne Kaufmann Boot Camp gives your body back its natural vigour and energy. The exercises created by Julian Juklhealth promote physical firmness, better posture, and improved overall performance. At the same time, the restorative mountain air of the Bregenzerwald region fosters a natural state of relaxation. You'll leave with a new sense of vitality, both inside and out.

In developing the Susanne Kaufmann Boot Camp, Julian has struck a fine balance between a fat-burning fitness programme and healthy regional food packed full of protein and healthy carbs. This is further complemented by restorative treatments at the Susanne Kaufmann Spa. Based on thorough personal consultations and a comprehensive analysis of your baseline situation, our therapists, trainers and chefs will put together a customized programme for you.

The Susanne Kaufmann Boot Camp at Hotel Post Bezau at a glance:

Training: Streamlining & Strengthening
Led by Julian Juklhealth, sports scientist from Dornbirn

- 1 x 70 minutes individual sport sessions with FMS® (Functional Movement Screen) analysis
- 5 x 60 minutes individual sport sessions

Treatments: Releasing & Relaxing
Led by the Hotel Post Bezau therapist team

- 2x alkaline baths followed by body therapy with Pavol
- 3x individual therapeutic treatment
- 2 x purifying and detoxifying treatments, with detox oil peeling

Activation: Relieving & Renewing

- 3 x sauna visits
- 2 x fascia training sessions

Our active programm:

- Mental training: qigong and / or nature walking
- Breathing excercises
- Sauna infusions
- Alkaline peelings
- walking

Nourishment: Providing all important nutrients

- Wholesome local cuisine based on high-quality proteins and detox ingredients
- Breakfast, morning snack, lunch, and dinner

Further Informations
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