

**16.**  
**Dec 2025**

# Yoga Nidra

🕒 Tuesday 18:30 o'clock

**Duration:** 1 hour 15 minutes



Find calm and inner balance during a guided Yoga Nidra session.

## Guest Cards



### **Brandnertal, Bludenz, Klostersal Guest Card**

With the Brandnertal, Bludenz, Klostersal guest card, you receive a discount of € 5.00.

## Description

Yoga Nidra, also known as the “sleep of the yogis,” is a guided meditation that leads you into a state of deep relaxation. After gentle stretching and letting go through selected movements, you can simply lie down, listen, and unwind. This special form of deep relaxation helps you release tension and restore harmony on a physical, mental, and emotional level.

## Arrival Information

Country bus L580, stop "Brand Church". The exact connections can be searched at [www.vmobil.at](http://www.vmobil.at). With the Brandnertal, Bludenz, Klostersal guest card and the Premium guest card, traveling by public transport is free.

## Hint / Advice

up to 8 people | **Duration:** 75 minutes

## Equipment

Comfortable clothing, yoga mat, possibly a seat cushion, a blanket, and water to drink | Mat rental available on-site

## Price

€ 15.00 with guest card and € 20.00 without guest card (cash payment only)

## Registration

directly with Stefanie, T +43 664 54 46 072 or [yoganic.lifestyle@gmail.com](mailto:yoganic.lifestyle@gmail.com)

## Meeting point

at 18:30 at the first floor of the Old School (Gufer 36a, 6708 Brand)



## Venue

**Altes Schulhaus Brand**

6707 Bürserberg

+43 664 54 46 072

yoganic.lifestyle@gmail.com



## Organizer

**Frau Stefanie Moser**

6707 Bürserberg

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