

15.
May 2025

Morning Yoga in the Alvierbad

🕒 Thursday 7:30 o'clock

Morning Yoga in Brand by the natural swimming pool

Description

Immerse yourself in a mindful yoga practice against the backdrop of the idyllic natural bathing lake. A soothing experience for body and mind.

The yoga session can then be combined with a refreshing dip in the pure mountain spring water of the Alvierbad.

Period: 15/05-29/05/2025, 12/06-10/07/2025 und 07/08-28/08/2025

Weekday: every Thursday

Meeting point: 07:30 am at the meadow in the Alvierbad

Duration: 45 min

Price: free of charge

Note: Yoga mats are available (while stocks last).

Arrival by public transport: Landbus 580, bus stop "Brand Gemeindezentrum". The exact connections can be found at www.vmobil.at. Travelling by public transport is free of charge with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

Registration: no registration required

The Brandnertal Tourism Team wishes you a wonderful start to the day!



Venue

Alvierbad in Brand

Mühledörfle 77

6708 Brand

[+43 5559 555](tel:+435559555)

tourismus@brandnertal.at

<https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-alvierbad.html> ↗



Organizer

Alvierbad

Mühledörfle 77

6708 Brand

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further dates

date	time
15.05.2025	07:30 o'clock
22.05.2025	07:30 o'clock
29.05.2025	07:30 o'clock
12.06.2025	07:30 o'clock
19.06.2025	07:30 o'clock
26.06.2025	07:30 o'clock
03.07.2025	07:30 o'clock

date	time
10.07.2025	07:30 o'clock
07.08.2025	07:30 o'clock
14.08.2025	07:30 o'clock