

# „Namaste“ in Kitzbühel

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## Yoga Festival from September 16th to 18th, 2022.

*12.09.2022 / As a real highlight in the calendar of events - not only for all yoga fans - the third weekend in September at the A-ROSA Resort Kitzbühel, the OM&CO Yoga Festival will take place with a promising program.*

### Cat-Cow, Cobra, Warrior & Co.

OM&CO is once again hosting a yoga festival at the A-ROSA Resort Kitzbühel on the weekend of Friday, September 16<sup>th</sup>, 2022 to Sunday, September 18<sup>th</sup>, 2022, making this the seventh time the event series has taken place this year. With the motto "The Art of Healing", national and international yoga teachers and workshop leaders await curious newcomers as well as true yoga connoisseurs. Among them are well-known yoga teachers such as Bitta Berger, Christine May, Daniela Hutter, Stephanie Schönberger, Darren Austin Hall and many more.

The program is impressive. In addition to numerous workshops and yoga sessions, an Opening and Closing Ceremony, morning meditation or Ecstatic Dance are special highlights where participants will learn and experience a lot of helpful know-how, for example on the topics of mindfulness, self-focus or the activation of self-healing powers. In addition, there will be a breakfast buffet on Saturday and Sunday to start the day and the upcoming meditative-sporty sessions strengthened.

Registrations are available in the package as standard, which includes the breakfast buffet and all events of the social program without overnight stay, or as premium with overnight stay including half board and the use of the wellness area. Day tickets (all yoga classes included, Saturday as well as Sunday with breakfast buffet) can also be purchased.

### OM&CO.

As always, Tania Wimmer and her team from OM&CO will act as hosts. Organizer Tania Wimmer holds numerous certifications, including training in Traditional Chinese Medicine healing or training as a Budokon teacher. OM&CO offers a wide range of classes from gentle Yin Yoga to powerful Vinyasa Flows for everyone: men, women, pregnant women, seniors or children.

You can find all information at [omandco.at/Yogafestival-Kitz](https://omandco.at/Yogafestival-Kitz) as well as under [events.kitzbuehel.com](https://events.kitzbuehel.com)

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