



An "Austrian-Style" Wellness Hotel Sampler

October 19 - 22, 2016
Global Wellness Summit



October 19, Wednesday

5.30pm: You will be transferred by private coach from Kitzbühel to Achenkirch, in the Tirol region of Austria. The drive takes just over 1 hour.

Welcome to Achenkirch!

Upon arrival you will be taken to the [Posthotel Achenkirch](#) for check in.

Posthotel Achenkirch

Achenkirch/Tirol 382, 6215 Austria
Tel.: + 43 5246 6522



8.00pm: Dinner at the Gourmet Buffet restaurant of the Posthotel Achenkirch.

More than one place to enjoy good food- there is an entire gourmet landscape with a total of eight restaurants located around the large Gourmet Buffet restaurant in the Posthotel Achenkirch! The award-winning quality and service of the gourmet landscape has meant that our wellness hotel in the Tyrolean Alps has been one of the top restaurants in Tyrol from the very outset.

October 20, Thursday

Spend the morning on own enjoying the Posthotel Achenkirch.

Activities include indoor pools, heated open air pool, salt water pools, hot whirlpools, solaria, saunarium, Finnish sauna, Turkish bath, steam baths, Hayseed pool, Regeneration bath, Tropical rain grotto, Chamomile grotto, Sauna retreat "The sunken temple, " Gertraud Gruber Beauty Center, Hammam with Rasul bath, extensive treatment menu, extensive fitness facilities, Rock oil treatments and fitness baths, sports of all kinds including opportunity to ride Lipizzaner horses and more!

12.30pm: You will be taken by private coach from Achenkirch to Längenfeld. En route, we will make a stop at the [Alpenresort Schwarz](#) in picturesque Obermieming for a tour of this lovely wellness hotel

Alpenresort Schwarz

Obermieming 141, 6414 Mieming, Austria
Phone: + 43 5264 52120

2.00pm: Lunch has been arranged for you at the Stöttlalm, the mountain hut of the Schwarz. We will be taken up to the Stöttlalm by horse drawn carriages. After we eat, we'll meet with Mr. Pirktl, the owner of the hotel, and Dr. Öhler, from the hotel's private clinic to learn more about their wellness philosophy, followed by a walk through the property.

6.00pm: We depart for our next stop in Längenfeld. The drive takes approximately 45 minutes.

Welcome to Längenfeld!

Upon arrival you will be taken to the [Naturhotel Waldklaus](#) located in a beautiful forested area in the Tyrolean Alps for check in.

Naturhotel Waldklaus

Untertalängenfeld 190, 6444 Längenfeld, Austria

Phone: + 43 5253 5455

8.00pm: Dinner will be at the restaurant of the Naturhotel Waldklaus featuring high-quality natural and organic "bio" cuisine.

One of the best things about going on holiday is sampling the local cuisine. At Naturhotel Waldklaus you can do just this without leaving the hotel! Our cuisine is Gault Millau renowned with 2 "Toques," and our chefs, lead by Mario Walch, only use ingredients of the best quality. We also offer a choice of vegetarian and "lighter" meals for those of you who are particularly health conscious.

October 21, Friday

Spend the morning on own enjoying the Naturhotel Waldklaus.

The hotel is situated in the middle of the forest surrounded by a unique mountain landscape. Living close to nature and enjoying it for the long term are the basis of our philosophy. The fragrance of the pine wood lives up to its calming effect. A dream made of wood and light.

11.30am: After breakfast and the morning at leisure, you will be taken by private coach from Längenfeld to Elmau. The drive takes approximately 1.5 hours.

Welcome to Elmau!

1.00pm: Upon arrival you will be taken to the stunning [Schloss Elmau](#) for check in.

Schloss Elmau – Luxury Spa Retreat & Cultural Hideaway

In Elmau 2, 82493 Krün, Germany

Phone: + 49 8823 180

After check in, enjoy lunch at one of the several restaurants of Schloss Elmau followed by a tour of the Schloss and Retreat with Mr. Johannes Mikenda and Dr. Imke König (who will both be joining us at the Summit!)



2.00pm: Enjoy a Qi Gong or Jivamukti Yoga class.

4.00pm: Sauna Schloss Elmau Experience with hand massages afterwards

8.00pm: Dinner at one of the beautiful, gourmet restaurants of the Schloss Elmau.

October 22, Saturday

9.00am: Private group transfer by coach to Munich Airport for departing flights.

Pricing:

Single occupancy: EURO 1363.00 per person

Double occupancy: EURO 1208.00 per person

Included in Pricing:

- *1 night accommodations at Posthotel Achenkirch – including dinner on arrival and full breakfast*
- *Afternoon visit to Schwarz Alpenresort – including horse drawn carriage ride and lunch at the mountain farm*
- *1 night accommodations at Naturhotel Waldklause – including dinner on arrival and full breakfast*
- *1 night accommodations at Schloss Elmau – including lunch on arrival, afternoon Qi Gong or Jivamukti yoga class, sauna Schloss Elmau experience with hand massages, gourmet dinner and breakfast*
- *Complimentary access to spa and wellness facilities at hotels*
- *All private coach & driver services as per itinerary for transfers from Kitzbuhel to Achenkirch, Achenkirch to Längenfeld, with a stop in Obermieming, Längenfeld to Elmau and from Elmau to Munich Airport for departure*
- *Bottled water on coach*
- *All local taxes and VAT*

Suites available upon request; subject to availability for an additional charge.

Spa Treatments may be booked at all hotels, time permitting– additional charge applies.

We highly recommend purchasing trip cancellation insurance www.travelex-insurance.com.

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note:

This trip is quoted in EURO. USD pricing is determined at time of payment using the current exchange rate offered by American Express Foreign Currency services. **For payments by credit card please add 3% merchant fee to the total. Please ask your Boutique agent for the rate of exchange before proceeding with payment.** A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.

CANCELLATION POLICY

Cancellation up to 60 days prior to arrival	25% of total tour price is non-refundable
Cancellation 30-59 calendar days prior to arrival	50 % of total tour price is non-refundable
Cancellation within 30 calendar days prior to arrival	100% of total tour price is non-refundable