

Yoga in Austria: Find your Inner Zen in the Outdoors

Power yoga, yin, vinyasa? Yoga is one of the fastest-growing wellness trends in the past decade, with around 300 million practicing it regularly around the globe according to statistics. In the UK alone, half a million flock to the yoga studios at least once a week. Unsurprisingly therefore, demand for yoga in holiday regions increases by the year accordingly, especially during the summer months.

Practicing yoga in the outdoors comes with additional benefits, think connection with nature and an extra dose of fresh air and vitamin D. Plus, who wouldn't prefer a practice at a lake or waterfall surrounded by mountain peaks to an indoor studio?

Austria has plenty of outdoor options for yogis - let us show you some highlights!

Yoga at the festival

The [Mountain Yoga Festival in St. Anton](#) in the Arlberg region takes place from 31 August to 3 September this year and is Austria's largest yoga festival. Participants can look forward to four days of yoga, hiking, meditation, and good vibes 1,800 m above sea level, with classes available for all skill levels. There are also community lunches, expert talks, and a yoga shop. Yogis can either bring their own gear or rent a yoga set on-site.

The [Innsbruck Yoga Summit](#) (3-5 September 2023) is another popular retreat featuring inspiring workshops, chanting, meditation, dance and outdoor activities for all ages and skill levels. There's a special kids area and plenty of time to go sightseeing in Innsbruck, too.

The [Kitzbühel Yoga Festival](#) at A-ROSA Hotel Kitzbühel (15-17 September 2023) combines yoga practice with instructors from around the world with fine dining.

Already planning for next year? St. Johann in Tirol has an annual yoga festival called [Mein Yapedu Summit](#), taking place in June and featuring a mix of outdoor workshops with the stunning Wilder Kaiser and Kitzbüheler Horn mountain as a picture-perfect backdrop.

Yoga at the lake

On a hot summer day there's no better place to practice your tree and sphinx pose than right at the water! Lakeside resorts such as [Zell am See-Kaprun](#) welcome yogis with floating wooden platforms, perfect for warrior, cobra, or downward-facing dog poses. Alternatively, yogis can try the ultimate balancing act on a stand-up paddling board.

Other popular spots include [Lake Fuschlsee](#) in the Salzkammergut region where yoga fans can take part in early morning or sunset classes, or Carinthia's [Lake Wörthersee](#) (annual yoga festival and daily classes throughout the summer at and on the water, including for children as well as special SUP yoga workshops).

Yoga in the mountains

Countless Alpine regions in Austria offer regular yoga group classes throughout the summer, inviting newbies and pros to experience sunrises or sunsets on their mat.

In summer resorts such as Tirol's [Zillertal](#) guests can also check into special yoga hotels such as [Kaltenbach](#), [Coolnest](#) (day guests welcome, too!) or [Schwarz](#) and dedicate their whole holiday on finding their inner Zen, surrounded by stunning lakes and mountains. Other

popular yogi hotels include [BLÜ](#) in Gastein and [Hotel Wagrain](#), both in SalzburgerLand, or Vorarlberg's [Forsthofalm](#).

As always, we are happy to assist you in planning your research trip. Please get in touch at pressuk@austria.info.

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