

# niche

**PRESS RELEASE | June 2018**

## **YOGA MEETS MAYR**

### **Medical Yoga at Park Igls Mayr clinic**

Mindfulness, body awareness, coordination and deep relaxation are at the centre of the Yoga classes offered at Park Igls Mayr clinic. Guests experience a holistic approach, perfectly combining Yoga and Modern Mayr Medicine. Medical Yoga not only mobilises the musculoskeletal system but has a positive effect on every aspect of the body. Different postures and breathing techniques stimulate the circulation, gently massage the internal organs to activate digestion and help still the mind. Calming inhalations and exhalations combine with meditation exercises for relaxation and inner harmony. On a physical level, Medical Yoga fosters stability, energy, flexibility, relaxation, focus, inner balance and restfulness.

The classic Hatha Yoga practised at the Park Igls Mayr clinic provides a valuable 'instruction manual' for physical workouts and dealing with everyday life. Hatha Yoga is combined with coordinated poses and movement to bring about body awareness and healthy ways of moving. Guests experience structural and dynamic embodied intelligence in their own body and enjoy the positive effects – both physically and mentally.

Modern Mayr Medicine also supports the idea that correct and conscious breathing can have a healing effect, relieve digestive problems, boost the immune system, improve brain activity and detoxify the body. Within the nervous system, there is a strong association between the breath and emotions, demonstrating that breathing can be regarded as the link between body, mind and spirit. The Yoga classes and one-to-ones at Park Igls emphasise breath and diaphragm work as well as physical and psychological aspects.

The Medical Yoga classes at Park Igls are designed to be suitable for everyone: all ages and levels of Yoga experience, as well as individuals with back or joint problems or other physical constraints. Particular attention is paid to the individual needs of each participant, with mindful body awareness, coordination and deep relaxation at the core of every class to enable new and positive body awareness to emerge. The main focuses are on movement, strength and flexibility, on anatomically sensible, correct and body-friendly exercises, relaxation and calmness, the immune and nervous systems, the cardiovascular system and on the internal organs.

The classes are held in a bright and spacious room with a magnificent view of the Nordkette mountain range and are led by experienced Yoga teachers who respond to each guest's needs with sensitivity and wisdom. There is also the option to deepen your Yoga practice with one-to-one lessons.

#### **The positive effects of regular Yoga practice:**

- Health benefits
- Helps us deal with stress
- Makes us more resilient
- Promotes healthy digestion
- Improves the body's ability to self-heal
- Brings about a sense of lightness and joy
- Boosts self-confidence and self-efficacy
- Enhances wellbeing

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## **Park Igls**

Park Igls is one of the leading health retreats in Europe. The 'house in the park' offers personalised exercise, nutrition and regeneration concepts and state-of-the-art diagnostics based on Modern Mayr Medicine. Guests can choose between different therapeutic modules, ranging from Mayr Classic, Mayr Intensive and Mayr De-Stress to Musculoskeletal System, Metabolism & Detox and Heart & Circulation. The range of matchless diagnostic modules includes the Super Medical Check, Men's Medical Check and the Ultrasound Screening Package. Innovative forms of exercise including kybun® and TheMedGolf® are exclusive to Park Igls. Facilities include a high-tech medical department and modern destination spa, spacious relaxation rooms, fitness studios and a well-equipped gym. Modern Mayr cuisine is an integral component of the innovative services on offer. Park Igls is a recipient of the prestigious Condé Nast Traveller 'Most Effective Medi-Spa' Spa Award and regularly features in influential spa guides.

Advance reservation is essential. English speaking Yoga week from 26 August – 2 September in a Standard single room from €2,571 per week.

**Reservations: [www.park-igls.com](http://www.park-igls.com) / +43 512 377 305**

Park Igls Mayr Clinic is included in Niche Destinations' distinctive portfolio:

**[www.niche-destinations.com](http://www.niche-destinations.com)**

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