



*Press kit* 2019



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# 1

## *A brief description of the Park Igls*

*Since its comprehensive modernisation and subsequent reopening in 2009, the 4-star Park Igls has become one of Europe's leading health retreats with accommodation comprising 51 rooms and suites.*

At the 'house in the park', guests are provided with personalised exercise, nutrition and regeneration programmes as well as state-of-the-art diagnostic services, all of which are based on the innovative concepts of Modern Mayr Medicine.

In addition to a medical department and modern destination spa, guests enjoy spacious relaxation rooms, fitness studios and a well-equipped gym. Modern Mayr cuisine and the eight nutritional steps that range from strict fasting to the reduced-calorie Mayr Energy Diet form an integral component of the pioneering services on offer.

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### **Awards**

- Condé Nast Traveller Spa Award 2015: 'MOST EFFECTIVE MEDI-SPA'
- Tatler Spa Trophy 2014: 'BEST FOR MEDICAL MARVELS'
- Condé Nast Traveller Readers' Award 2013: 'WORLD'S BEST DESTINATION SPA'

# 2

## *Location and surroundings*

The Park Igls enjoys a beautiful setting on a sunny plateau at 900m above sea level. The magnificent landscape and energising Alpine climate support the guests' therapeutic process, and there are numerous walking, jogging and hiking trails that run past the house. In addition, the immediate vicinity boasts three golf courses. Igls is only five kilometres from Innsbruck.

The Tyrolean capital's many cultural and natural attractions include the Golden Roof, the Bergisel Ski Jump designed by celebrated architect Zaha Hadid and the majestic Nordkette mountain range that rises directly behind the city.

- **NEAREST AIRPORT:** Innsbruck
- **NEAREST TRAIN STATION:** Innsbruck (with national and international IC, ICE and Railjet connections)

The airport and train station are both approximately 15km from Park Igls. Complimentary transfers can be arranged by the Park Igls.

# 3 *Pioneer of Modern Mayr Medicine*

*The renowned Health Retreat Park Igls has made significant contributions to the ongoing development of the classic Mayr treatment, and continues to be a centre of innovation and progress. The medical component, which comprises elements of complementary medicine and traditional medicine combined with the latest diagnostic methods, certainly reflects this forward thinking outlook.*

The diet itself has also changed, and now focuses on a highly appealing, high-energy nutritional regime based on the latest scientific findings. 'Modified fasting with Modern Mayr cuisine' is the motto, and the diet's foundation is provided by fresh, organically grown, regional food, herbs and spices.

## **Focusing on the causes**

A holistic approach based on the findings of Dr FX Mayr is at the heart of the therapeutic approach at the Park Igls.

The focus is on investigating the causes of disease – mostly in the area of the gastrointestinal tract – and not primarily on curing symptoms. A team of medical specialists as well as a range of diagnostic options are on hand to illuminate and solve problems. Thanks to the specialists' close collaboration with Innsbruck University Hospital and its wide range of specialist consultants, they can avail themselves of the most up-to-date examination methods and respond to silent conditions or chronic diseases at an early stage.

# 4 *The six principles of Modern Mayr Medicine*

*As a holistic method for prevention and early diagnosis, Modern Mayr Medicine at the Park Igls is based on six fundamental principles:*

**Resting the digestive tract** by means of a therapeutic fast or personalised diet plan.

**Cleansing the digestive system** with daily 'bitter water' (Epsom salt) applications and increased fluid intake.

**Learning how to chew and eat properly**, and adjusting dietary habits to suit individual nutritional needs for long-term recovery and regeneration.

**Supplementing** the diet with key alkalies, vitamins, minerals and trace elements as and if required.

**Daily indoor and outdoor Exercise programmes** under the instruction of dedicated professionals boost therapeutic effectiveness as well as overall fitness and vitality.

**Self-discovery** with the help of talk therapy, psychological counselling, mental training, craniosacral treatments and mental coaching. Fasting can also be an impetus for emotional healing.

Other medical destination spas tend to place value on only four of the principles, i.e. Cleansing, Supplementing, Self-discovery and Exercise. Modern Mayr Medicine at the Park Igls adds Resting the entire digestive tract and Learning how to maintain digestive health. This additional focus achieves sustainable results and allows guests to enjoy a new and much improved quality of life.

# 5

## *Diagnostics at the Park Igls holistic and comprehensive*

Around 80% of all illnesses stem from inappropriate nutrition. As well as treating the symptoms of disease, Modern Mayr Medicine seeks to bring about the restoration of peak health.

In recent decades, traditional Mayr diagnostics at the Park Igls has grown and evolved as it has embraced compatible conventional as well as complementary medical techniques. Today Mayr diagnostics finds itself at the pinnacle of current medical knowledge. The Park Igls treatment concept includes an option for comprehensive diagnostic testing that incorporates blood tests and allergy testing. With the help of extensive laboratory testing facilities and the latest diagnostic equipment the body's major functional processes are examined, and risk factors identified.

This allows early detection and treatment of genetic disorders such as metabolic problems. Deficiencies in the musculoskeletal system are identified by means of thorough functional analysis and treated with physiotherapy. Complementary forms of medicine are also used to provide gentle treatments for problems of the immune system such as allergies and food intolerances. The Park Igls discusses and evaluates test results in close collaboration with the medical team at Innsbruck University Hospital.

# 6

## *FX Mayr nutrition*

The vigour and energy we require for life, growth and mobility originates in our gut. A healthy intestinal system supplies us with vital nutrients, removes harmful toxins, and results in radiant skin, a slender figure and a positive attitude to life. This was recognised by the Austrian gastroenterologist Franz Xaver Mayr and, over the course of several decades, he developed a revolutionary nutritional concept for cleansing the digestive system and restoring it to good health.

Digestion starts in the mouth. This is because proper chewing prepares food for the digestive process further down the line. Chewing also allows us to enjoy new flavour experiences, and the natural saturation reflex, which tells us when we have had enough to eat, only kicks in if we eat slowly. The acquisition of good eating habits is an essential part of any stay at the Park Igls.

The attending physician consults with a guest to determine factors such as physical constitution and tissue tone as well as their long-term goal and length of stay. This helps the doctor set the dietary stage at which the patient starts the therapy. Nutritional continuity, even monotony, forms an important element in restoring the digestive tract to health. The rule is that the greater the uniformity of the food, the more intense and beneficial the gut's rest.

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### **The eight dietary stages**

- 0 Fasting (tea)
- 1 Traditional Mayr diet
- 2 Traditional Mayr diet + protein supplement
- 3 Traditional Mayr diet + protein supplement and base vegetable soup
- 4 Modern Mayr Diet – food combining menu
- 5 Modern Mayr Diet – light diet menu
- 6 Modern Mayr Diet – light diet menu + salad or dessert
- 7 Mayr energy diet

*'The gut is to man what the root system is to a plant'*

(Franz Xaver Mayr, 28 November 1875 – 21 September 1965)

## Healthy and delicious: Modern Mayr cuisine

Modern Mayr cuisine means light dishes and the highest culinary standards. The food's acid-base composition and the use of organic and regional products are of prime importance. Salt is to a great extent replaced by flavoursome herbs and spices, and gentle cooking methods ensure that vital nutrients are retained. Water, herbal teas, vegetable broths and a daily glass of bitter water support the internal cleansing process.

## Food culture à la FX Mayr

All the food served at the Park Igls' restaurant is enjoyed in a tranquil and relaxed environment. Diners focus on themselves, their bodies, the friendly surroundings, attractive table settings and meticulously prepared dishes. As they savour the flavours that unfold thanks to their slow and deliberate chewing, guests are active contributors to their therapeutic programme's effectiveness.



## Exercise, spa and relaxation

*Sport and exercise are vital components of the therapeutic concept at the Park Igls. To process food properly the metabolism needs to be stimulated and function well. To this end, professional instructors and therapists run the varied and balanced exercise activity programme at the Park Igls.*

The Igls plateau provides a perfect setting for outdoor exercise: leisurely walks, Nordic walking tours and morning runs jump-start the circulation and boost the detoxification process. Special Yoga, golf and Feldenkrais programmes are available for guests who wish to combine specific forms of exercise with their health retreat.

Guests can sometimes feel vulnerable and sensitive during their stay, especially as their treatment will often focus on changing long-standing eating habits. This is why the harmonious surroundings and attentive hospitality at the Park Igls are of such crucial importance.

Guests find themselves in the capable hands of the health retreat's team of experienced doctors and therapists who are highly competent in the field of regenerative medicine. Medical lectures, cookery courses and an interesting selection of excursions offer additional motivation and encouragement. A personal treatment plan provides the structure for the entire stay so that guests can concentrate fully on feeling great and have plenty of time to focus on themselves. Improvement becomes apparent within the first week of a stay at the Park Igls, although the intensity of revitalisation increases exponentially during stays of two or three weeks.

The Park Igls' award-winning spa is a place of intense wellbeing and gentle regeneration. Swimmers enjoy the view of the park and its fine trees in the pleasantly warm water of the large indoor pool with built in massage loungers. The spacious spa area includes a Finnish sauna, bio sauna, steam room, plunge pool and infrared cabin. A textile sauna is also available. Generous indoor relaxation areas, a sunbathing lawn with stunning views of the Tyrolean mountains and the beauty salon's detoxifying treatments complete the Park Igls' spa menu.

# 8

## Overview of rooms and public spaces

42 stylish Deluxe, Standard and Superior rooms and nine suites, all with balconies and views, flat screen TV, free internet access and a safe. The bathrooms are fitted with a bath and/or shower and a bidet. Some of the Deluxe single rooms and suites are also equipped with their own infrared saunas. Two single rooms are accessible for people with disabilities. Several rooms feature a new lighting concept devised in collaboration with the renowned lighting consultancy firm of Bartenbach. This incorporates the latest scientific findings on visual perception and accentuates the comfort of the rooms. The night-time lighting solution is designed so that it interferes as little as possible with the body's signals in the event that a guest's sleep is disrupted.

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### Public spaces/facilities

- Library and billiard room
- Tea bar
- Lounge with open fireplace
- Restaurant with terrace
- Spa with indoor pool
- Park with sunbathing lawn, herb garden, Kneipp course and chipping green
- Panoramic gym
- Fitness studio
- Meditation and relaxation rooms
- Loggia with reading corners
- 120sqm beauty salon
- Lecture theatre
- Shop
- Underground car park

# 9

## Physicians, medical consultants and management team

### PHYSICIANS

#### DR PETER R. GARTNER Medical Director

After completing his medical studies in Innsbruck and training as a general practitioner, Dr Gartner specialised in holistic medicine, nutrition, sports medicine and acupuncture. He is a highly successful practitioner of the FX Mayr diagnostic method and therapy. Dr Gartner is a member of the Vienna International Academy for Holistic Medicine and of the Austrian Society for Certified Acupuncture (OGKA). Until 2011, he was the director of a renowned health resort in Vorarlberg which also specialises in Mayr Medicine. Sought after as a speaker both in Austria and abroad, he continuously inspires others to take a closer interest in FX Mayr's teachings on health and diagnostics.

#### DR RICHARD KOGELNIG Deputy Medical Director

Dr Kogelnig is a Mayr Physician and general practitioner who has also trained in neural therapy, manual medicine and acupuncture. His additional specialisms are preventative, regenerative and behavioural medicine. As a psychologist, he draws mainly on cognitive and meaning-centred psychotherapy combined with progressive muscle relaxation and vocal meditation. He has been active in the sphere of preventative and regenerative medicine for over 25 years.

#### DR PETER B. BARTH Mayr Physician

Dr Barth is a general practitioner and qualified FX Mayr diagnostician and therapist as well as being an emergency physician. Additional specialities include cardiovascular medicine with a focus on exercise ECG, neural therapy and psychosomatic medicine. Dr Barth gained many years of experience as a Mayr Physician in a prestigious Mayr centre.

**DR IRENE BRUNHUBER** GP and Mayr Physician

Dr Brunhuber joined the Park Igls medical team in April 2015. After studying medicine in Innsbruck and Freiburg (Germany), she completed her GP training at Innsbruck University Hospital. She is a clinical investigator and practised at Hochzirl and Natters State Hospitals. She also taught at the Zams School of Nursing in Tyrol.

**THOMAS BLASBICHLER (MA)** Clinical and Health Psychologist, Coach

Thomas Blasbichler is a clinical and health psychologist who has specialised in preventative and stabilisation of mental health disorders. He is also a qualified sports psychologist and focuses primarily on dealing with injury (mental processing procedures and coping strategies), dealing with stress and anxiety (stress processing mechanisms) and motivation. Thomas Blasbichler combines psychological counselling and treatment with relaxation exercises such as Jacobson's progressive muscle relaxation technique.

**MELANIE ROBERTSON (MA)** Clinical, Neuro and Health Psychologist

Melanie Robertson is a specialist in stress prevention and acute anxiety and crisis intervention. She is also a sports and emergency psychologist, and has trained as a hypnotherapist and psychocardiologist. Additional focal points: dealing with illness and chronic pain, sleep coaching, motivating healthy change, neuropsychological diagnosis with subsequent planning and execution of therapeutic interventions. She applies resource-activating, relieving measures and applies elements of behavioural therapy and hypno-therapy. She is currently writing a dissertation on sleep and cognition.

## **MEDICAL CONSULTANTS**

The Park Igls has access to a large pool of experienced specialist consultants who contribute their expertise and experience in the relevant field when needed. Close collaboration with Innsbruck University Hospital is an integral part of the resort's medical expertise.

## **MANAGEMENT**

**ANDREA GNÄGI MAG** Managing Director

Andrea Gnägi joined the Park Igls management team in 2008 and was appointed Managing Director in early 2009. She studied law at the Universities of Zurich and Mainz focusing on international and European law, she graduated from Zurich University and took a postgraduate degree in Art Management and a degree in General Management (EOM). She has extensive international experience in organisational management, including UNICEF Switzerland and the KKL Culture and Convention Centre Lucerne.

**WERNER CHIZZALI** Commercial Director

Finance, HR, procurement and IT are the Commercial Director's core functions. Werner Chizzali's studies at the Business Academy Innsbruck together with the tourism expertise he acquired during his time at the Tourism College Innsbruck have provided him with strong foundations for his work at the Park Igls.

# 10 *Indicated groups*

## *Lifestyle diseases and Modern Mayr Medicine treatment options*

### **GASTROINTESTINAL**

Sluggish bowels, frequent diarrhoea, bloating, heartburn, ructus, flatulence, gastric and duodenal irritation, general digestive weakness, colonic and rectal inflammation, haemorrhoids, intestinal fungal infection (Candida), fructose and lactose intolerances. **Recommended therapeutic module: Mayr Intensive**

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### **METABOLIC**

Glucose metabolism disorders, elevated uric acid, gout, protein metabolism disorders, elevated blood lipids. **Recommended therapeutic module: Metabolism & Detox**

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### **CARDIOVASCULAR**

Disorders of blood pressure regulation, high blood pressure, orthostatic hypotension (sudden drop in blood pressure and dizziness when standing up), arteriosclerosis risk factors such as elevated cholesterol, haemoconcentration, obesity, lack of exercise, etc. **Recommended therapeutic module: Heart & Circulation**

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### **MUSCULOSKELETAL**

Various ailments of the spine including neck pain, back and lower back pain, Thoracic Outlet Syndrome, sciatica, pseudoradicular syndromes, muscular tension, rheumatic complaints, arthralgia (joint pain), myalgia (muscle pain), etc. **Recommended therapeutic module: Musculoskeletal System**

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### **PSYCHOVEGETATIVE**

These encompass a variety of functional disorders including migraine, tension headaches, sleep disorders, palpitations, stabbing pains in the chest, psychoperistaltic symptoms in the gastrointestinal tract (stomach cramps), increased perspiration, anxiety, depressive moods, burn-out, etc. **Recommended therapeutic module: Metabolism & Detox, Mayr De-Stress**

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### **IMMUNOLOGICAL**

Chronic infections of the respiratory tract including sinusitis, bronchitis, allergic reactions such as hay fever and asthma, frequent infections of the urinary tract (e.g. cystitis), food intolerances and allergies, etc. **Recommended therapeutic module: Metabolism & Detox**

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### **DERMATOLOGICAL**

Skin blemishes, acne, cellulite, skin swellings, lymphatic congestion, eczema, dry or oily skin, etc. **Recommended therapeutic module: Metabolism & Detox**

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### **LIVER, KIDNEY AND URINARY SYSTEM**

Impaired liver function with abnormal swelling as well as fat deposits and elevated liver function readings; sluggish kidney function associated with congestion and a tendency to develop oedemas. The body's detoxification processes can be impaired by the lungs and the skin as well as the gut. This can lead to strain on the entire organism. **Recommended therapeutic module: Metabolism & Detox**

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### **OBESITY (THE '21ST CENTURY EPIDEMIC')**

Morbid obesity, serious health problems related to maintaining a healthy energy balance, metabolic disorders, diabetes, metabolic syndrome, hypertension, overloading of the musculoskeletal system. **Recommended therapeutic module: Metabolism & Detox**

# 11 *Therapeutic services, seasonal and special offers*

## **The Basic Programme**

The Basic Programme is a fixed component of every guest's stay. It is usually combined with a therapeutic module although it can be taken with individual services rather than a complete module. There are no standardised treatments or 'off the shelf' therapies. Counselling and therapeutic care are always tailored to meet the health needs of the guests, and a guest's physical condition as well as any possible risk factors are ascertained during a meticulous initial examination. The attending physician gains a comprehensive and objective impression of the patient's health and interprets the symptoms that are described to him. The patient and the Mayr physician then discuss which form of therapy and accompanying treatments are most beneficial.

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### **Medical services**

- Initial examination – integrated health check (30 mins)
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)

### **ALSO INCLUDED IN THE BASIC PROGRAMME**

- Daily Kneipp treatments (leg, arm or seated contrast baths)
- Personal Modern Mayr cuisine diet plan
- Mineral water, herbal teas and base broth
- Group exercise sessions, active and passive anti-stress exercises (relaxation)
- Group lifestyle management and mental coaching
- Lectures & presentations
- Use of swimming pool, sauna and panoramic gym

### **RECOMMENDED LENGTH OF STAY**

A minimum of two weeks, ideally three weeks are recommended for optimum curative results, although even a single week will produce a noticeable improvement in any existing condition and greatly enhance wellbeing.

The cost of the Basic Programme is €999 per person added to which is the cost of accommodation that starts at €153 per person per night in a single room / starts at €148 per person per night in a double room.

## Therapeutic modules

A range of therapeutic modules to suit individual needs and requirements is available to supplement the Basic Programme:

### Mayr Classic

This therapeutic module offers the ideal introduction to Modern Mayr Medicine, and includes the Basic Programme, 5 partial body massages (25 mins each) and a metabolic detox bath.

**Mayr Classic: €1,286 pp/week, price excludes accommodation**

### Mayr Intensive

This module is designed for guests who seek an across-the-board health improvement. The Mayr Intensive module enhances detoxification while at the same time releasing pressure from the joints and cleansing the body's connective tissue.

**Mayr Intensive: €1,723 pp/week, price excludes accommodation**

### Metabolism & Detox

This module is recommended for guests who suffer from diabetes, high cholesterol, elevated uric acid, allergies, skin complaints, food intolerances, fatigue, burn-out symptoms and sleep disorders. The chronic nature of these complaints can often be arrested by means of specific treatments, which then allows a person's state of health to be steered in a new direction. The prerequisites are thorough dietary and therapeutic detoxification of the body combined with active stimulation of the metabolism. Extensive laboratory tests form the basis for this module.

**Metabolism & Detox: €1,892 pp/week, price excludes accommodation**

### Musculoskeletal System

This module focuses on the treatment of back and joint complaints. Tension and muscular imbalances frequently lead to back pain and posture problems. Stress, a lack of exercise and resulting muscular atrophy as well as an unhealthy diet are the major causes of these complaints. In this module, Modern Mayr Medicine is applied in combination with specific back treatments and healing packs. In addition, physiotherapists and physicians work with the guests to develop a systematic programme to be continued at home. The aim is to ensure that the ease of movement and freedom from pain that guests rediscover at the Park Igls is maintained when they leave.

**Musculoskeletal System: €1,691 pp/week, price excludes accommodation**

### Heart & Circulation

Unhealthy habits like smoking, eating the wrong foods and not exercising are the main causes of cardiovascular diseases. This module combines a healthy weight loss diet based on FX Mayr's principles with a programme of gentle and therapeutic exercise to counteract risk factors. These include stress, excess weight, elevated blood lipids, increased levels of uric acid, high blood pressure, diabetes and arteriosclerosis. The therapy starts with an extensive programme of tests that allow the results of this module to be measured.

**Heart & Circulation: €1,782 pp/week, price excludes accommodation**

### Mayr De-Stress

This therapeutic module is designed to restore energy flow at every level. The journey to enhanced self-realisation is facilitated by means of dialogue, deep relaxation, autogenic training, mental coaching, exercise and a deeper understanding of the own personality. Specialised treatments such as craniosacral therapy provide valuable assistance in releasing blockages, and restoring mobility while also supporting a general process of regeneration.

**Mayr De-Stress: €1,927 pp/week, price excludes accommodation**

### Neuro@Mayr

The latest neuroscientific findings prove what Mayr physicians have long suspected: degenerative nervous system diseases, such as Parkinson's disease and multiple sclerosis, originate in the gut. The regenerating neurointestinal effect of Modern Mayr Medicine, combined with physiotherapy, can lead to long-term improvements in mobility and coordination. Coaching sessions teach clients coping strategies for use in everyday life, while Feldenkrais® method sessions allow new movement patterns to be explored and learned. Additional deep-tissue massages are relaxing, enhance mobility and improve sleep.

**Neuro@Mayr: €2,027 pp/week, price excludes accommodation**

## Seasonal and Special Offers

### Golf@Mayr

The sunny plateau around Park Igls is a true paradise for golfers – three nearby golf courses and a driving range offer varied fairways as well as different levels of difficulty. There are further golf courses within a radius of 100 kilometres – at Seefeld, Achensee, Kitzbühel etc.

Park Igls also has a chipping and putting green, which was built and is maintained to golf course standards, and opens up additional and exciting opportunities for our on-site exercise programme. Ideal for chipping and putting practice. **Golf@Mayr: €1,403 pp/week chipping and putting practice, price excludes accommodation**

### Girls-Only Golf!

Park Igls offers an active and healthy weekend golf break for ladies. The Girls-Only Golf! break includes green fees, spa, exercise classes, relaxation sessions and healthy, delicious Modern Mayr cuisine. **Girls-Only Golf!: 30 May – 27 October 2019, from Thursday to Friday or Friday to Sunday: €1,189 pp for 3 nights, € 809 pp for 2 nights**

### Yoga@Mayr

Settling, relaxing and harmonising body, mind and spirit with gentle exercises and the powerful energy of breath – Yoga brings equilibrium and physical wellbeing. Yoga is a holistic practice that positively affects the entire human organism as well as exercising the musculoskeletal system. The postures and exercises stimulate bloodflow and digestion while also helping the mind come to rest – a perfect complement to Modern Mayr Medicine's therapeutic approach. **Yoga@Mayr: 21 – 28 April & 1 – 8 September 2019 €1,535 pp/week, price excludes accommodation**

### Detox & Mental Coaching & Feldenkrais@Mayr

A system of movement reeducation that facilitates the exploration of physical capabilities, awareness through movement, and self-perception free of value judgements, the Feldenkrais® method completely redefines movement sequences. Exercises optimise orientation and coordination skills, are easy to perform, have a positive effect on restrictions caused by ill health, and provide a pain-free approach to exercise for people with chronic physical ailments. The method's gentle movements combine perfectly with Modern Mayr Medicine and contribute significantly to general wellbeing. **Detox & Mental Coaching & Feldenkrais@Mayr: 9 – 16 June 2019 €1,728 pp/week, price excludes accommodation**

### kybun®@Mayr

The term 'kybun®' comes from Korea and means wellbeing. kybun® exercises are based on the latest biomechanical research. They promote the interaction of the brain, nerves and muscles, and are used in prevention, recovery and rehabilitation. Standing, walking and running on a soft surface, i.e. in kyBoots (air-cushioned shoes), on a kyBounder (mat), or a kyTrainer (treadmill), exercises the stabilising muscles around the joints and spine as well as training strength, endurance, coordination and balance. kybun® improves body awareness and sensorimotor functions and helps to speed up healing processes. The kybun® technique is ideally suited as a complementary therapy following injury or surgery. **kybun®@Mayr: €1,482 pp/week, price excludes accommodation**

### Detox on the Run

Exercise is an essential part of Modern Mayr Medicine. We have compiled a special personal training treatment module – just for you. **Detox on the Run: €1,591 pp/week, price excludes accommodation**

### Summer Short Stay Programme

Give stress and worry a summer break – Park Igls awaits with a special vitality programme to enjoy against a glorious Alpine backdrop in the fresh mountain air. Modern Mayr Medicine provides a holistic method for revitalising the body and the mind. Naturally, this is a process that requires time – which is why we recommend a stay of two to three weeks. Our Summer Short Stay Programme, however, is designed for individuals who simply want a short break to enable them to relax body and mind. **Summer Short Stay Programme: 2 June – 6 October 2019 €886 pp for 4 nights, price excludes accommodation**