



PRESS RELEASE | March 2020

EUROPEAN AYURVEDA® GOES EAST: MEET THE EUROPEAN AYURVEDA RESORT MANDIRA!

Bad Waltersdorf, Styria, Austria – The latest venture by the Mauracher family of hoteliers, yogis and health gurus means their niche approach to healing hospitality, tried and tested at the European Ayurveda Resort Sonnhof in Tyrol, is now available near the eastern Austrian hubs of Vienna and Graz. In July 2020, investments will be made into the resort's infrastructure and design.

Unique mix of European Ayurveda® and healing thermal springs

Locating the second European Ayurveda® property in Bad Waltersdorf was an inspired idea. This small market town in East Styria's gentle hill country is famous for two healing springs. The hotel evokes the grand hotels of old, and its 1,760sqm thermal spa offers a perfect and most luxurious adjunct to the palette of treatments and nutritional delights offered by European Ayurveda®.

With Christina Mauracher from the Sonnhof at the helm, the new European Ayurveda Resort Mandira Styria offers all the Ayurvedic classics. In addition to Dosha-rebalancing, Panchakarma and Ayurvedic nutrition, guests can also expect an emphasis on movement and regeneration thanks to a combination of the resort's healing thermal waters and a programme of exercise and activities to ease joints, tendons, fascia and muscles. It's the perfect marriage of east and west.

Initial €1.8 million investment

In July 2020, Sunrising my Soul will have officially taken over the European Ayurveda Resort Mandira Styria! But it's not just the guest's souls that will shine, but also the resort! The Maurachers are ploughing €1.8 million into the initial refurbishments, with a total investment of €3 million planned. The renovation includes the reception area, public areas, rooms and the restaurant. In addition to the structural refurbishments, the European Ayurveda® concept is gradually being introduced.

The path to inner balance with European Ayurveda® is based on six pillars:

Consultation & treatment

Complementary medicine, Ayurvedic medicine and Traditional Chinese Medicine combined with contemporary diagnostics and treatments, tailor-made for the western world.

Medical care

Conventional medical diagnostics and treatments include medical check-ups, GP services, emergency medical care, non-invasive diagnostic procedures and laboratory tests.

Ayurvedic nutrition

Sustainable regional and healthy. Food grown in Europe contains active ingredients that suit European living conditions. Additionally, Ayurveda teaches that the body is able to better and more quickly absorb the 'information' provided by native foods and herbs.

Yoga and meditation

Yoga harmonises mind, body and soul and balances the breath as well as somatic functions. Meditation leads us to an unusually clear view of creation and our own existence. Towards our true selves.

Healing spirit

Unfold your potential, find harmony and your true self with the help of mindfulness, mind detox and Ayurvedic psychology. Mental freedom and strength await.

Exercise and regeneration

The right balance between relaxation and tension offers a basis for harmony and health. The musculoskeletal system is a particularly sore point in the western world, but the combination of Ayurveda, thermal spa waters and studies carried out with Med Uni Graz allows the Mandira to offer a unique exercise and regeneration programme.

Great expectations

Formerly Wellness and Ayurveda Hotel Paieryl **** S, owned by the Mauracher family since 01.09.2019. The European Ayurveda Resort Mandira Styria is open now, inviting guests to enjoy tailor-made healing best suited to our western lifestyle and constitution. The resort will close for a short period in early summer 2020, when the Maurachers will implement a refurbishment programme based on Vastu Shastra, the Indian form of Feng Shui.

- **Location:** Bad Waltersdorf in Styria, 60km to Graz airport (40 mins), 147km to Vienna airport (1.5 hrs)
- **CEO and Proprietor:** Johann Mauracher
- **Managing Director:** Christina Mauracher
- **Investment July 2020:** €1.8 million
- **Refurbishment 2020:** Restaurant, reception area, public areas and rooms
- **Re-opening:** August 2020
- **European Ayurveda® implementation:** 2020-2021 beginning with intensive period of staff training
- **Personnel:** 57 – all Paieryl employees have been kept on with a view to additional recruitment
- **Rooms:** 62 stylish rooms and suites on three floors
- **Restaurant:** Personalised European Ayurveda cuisine as well as fine regional and seasonal cuisine
- **Thermal spa:** Panorama pool, indoor thermal pool, outdoor pool, thermal hydrotherapy pool, saunas, infrared sauna, ice grotto, steam rooms and gym
- **Ayurvedic treatment programmes & Mandira Spa:** Panchakarma, Rasayana intense regeneration, AyurDetox, classic spa treatments, beauty treatments and much more

European Ayurveda Resort Sonnhof

You can of course still get your fill of the European Ayurveda® experience at the Sonnhof in Hinterthiersee – where the concept of marrying up Ayurveda with European requirements [LINK <https://www.sonnhof-ayurveda.at/en/european-ayurveda/philosophy-trademark/>] and a holistic, healing approach first took hold.
www.mandira-ayurveda.at

Download photos: <https://www.flickr.com/photos/marketing-deluxe/collections/72157623381491743/>

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