



St. Anton am Arlberg, September 13<sup>th</sup>, 2019

## **MEDIA – INFO**

### **This was the 4<sup>th</sup> Mountain Yoga Festival St. Anton**

**From September, 05<sup>th</sup> – 08<sup>th</sup>, 2019, the 4<sup>th</sup> Mountain Yoga Festival took place in St. Anton am Arlberg.**

**Around 200 yoga and nature lovers from 12 different countries travelled to St. Anton to practice many variations of “downward facing dog” on the mountains and in the valley.**

This year's theme was: power source water. Festival attendees practiced different yoga flows out of handpicked yogastyles. The legendary Friday talk was all about water, where the audience took home some inspiring thoughts on water. Outdoor enthusiasts hiked along clear mountain rivers and listened to the sound of water while practicing yoga sequences.

„This year we welcomed guests from 12 different countries. We are on the right track to strengthen the Mountain Yoga Festival's position as a global festival for yoga and nature lovers.“, says Iris Höll , organizer of the event.

„A team of experienced and international teachers, experts and musicians, marks the global standing of the festival. We are very honored that the US magazine Yoga Journal has ranked our festival as 2<sup>nd</sup> best yoga festival in Europe. The top ranking was reason enough for two festival guests from Utah/US to plan their Europe trip around this year's festival to join us. “, says Wilma Himmelfreundpointner / Deputy director Tourist Office St. Anton am Arlberg and host of this event.

It is the program-design, the unique locations, the attention to details and the delightful hospitality and support from the festival team and hosts, that makes this event so charming.

Saturday night was getting loud – as music expert Gerhard Kero invited all yogis to be part of a drumming session called „be the rhythm”.

On Sunday local kids sneaked into yoga flows in a fun and playful kids-yoga-session. Gold Olympic winner (snowboard) and yoga teacher Julia Dujmovits invited local youngsters of the Arlberg Ski-club freeride, freestyle and race team to practice a Vinyasa-flow and listen to her story about mental strength.

The 5<sup>th</sup> Mountain Yoga Festival St. Anton will take place from the 3<sup>rd</sup> to 6<sup>th</sup> September 2020

Further information: <https://www.mountainyogafestivalstanton.at>

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**Festival information:**

The Mountain Yoga Festival St. Anton is an event of the Tourist Office St. Anton am Arlberg. The festival focuses on yoga, nature and health, it is an exclusive event with international teachers and experts and offers different yoga styles.

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