



# TRUFORM

## *Wellness Retreat*

Krallerhof, Austria



[www.truformstudio.co.uk](http://www.truformstudio.co.uk)

# Welcome to the Transform Wellness Retreat



Experience four days of luxury, wellness, and rejuvenation in the breathtaking Austrian Alps. Set in the world-renowned **Hotel Krallerhof**, this retreat is designed for those seeking peace, balance, and indulgence in an unparalleled setting.



*This is more than just a retreat...*

We'll be diving into fitness training, running, hiking, sunrise stretching, and engaging in exciting activities, all while connecting with like-minded individuals. Whether you're traveling solo or with others, this wellness retreat offers a unique opportunity to connect deeply with yourself and embrace the transformative power of self-care.

# What's involved...

## Excursions...

Exciting excursions designed to connect you with nature and thrill your senses:

**Horse Riding:** Explore scenic trails on horseback, embracing the serene beauty of the Alps.

**White Water Rafting:** Conquer the rapids for an adrenaline-packed adventure.

**Mountain Biking:** Ride through stunning alpine landscapes and rugged terrain.

**Paddle Boarding:** Glide across crystal-clear waters, soaking in the peaceful surroundings.

## Location...

Leogang is a paradise of lush green meadows, blooming wildflowers, and crisp mountain air. The majestic peaks of the Austrian Alps stand tall, offering breathtaking views and a deep sense of tranquility.

## Wellness & Spa...

The expansive spa area includes indoor and outdoor pools, various saunas, an ice grotto, and a zen garden. A notable feature is the natural bathing lake with an Olympic-length infinity pool.

## Active Sessions...

Throughout your retreat, enjoy four revitalizing sessions a day designed to nurture both body and mind.

**Yoga:** Enhance flexibility and inner calm.

**Pilates:** Strengthen and tone.

**Sound Bath:** Deep relaxation and healing.

**Breathwork:** Release stress and restore energy.

## Accommodation...

The **Saffron Suite** offers a serene retreat with warm golden tones and stunning mountain views. Featuring a spacious layout, private balcony, and a luxurious bathroom, it's the perfect blend of comfort and elegance for relaxation. Wake up to the peaceful beauty of the Alps, your sanctuary for rejuvenation.





*Save The Date...*  
9th July – 13th July

**£1849pp**

Monthly  
Payments  
Available

**PRICE INCLUDES**

ACCOMMODATION - BREAKFAST & DINNER EVERY DAY  
ALL SESSIONS & FACILITIES - BRANDED MERCHANDISE

THE PRICE ABOVE DOES NOT INCLUDE FLIGHTS OR EXTRACURRICULAR ACTIVITIES  
**THE QUICKER YOU BOOK, THE CHEAPER IT IS!**

*Flight Information...*

**easyJet**

**DEPARTURE**

FLIGHT NUMBER: **EZY6495**

DEPART LONDON GATWICK AIRPORT: **06:20**

ARRIVE MUNICH AIRPORT: **09:10**