

30.  
Apr 2025

# Entspannungsabende in der Natur mit Silvia

🕒 Wednesday 18:00 o'clock

Leave everyday life behind you and return to your inner center.

## Guest Cards



Guest Card Premium



Brandnertal, Bludenz, Klostertal Guest Card

## Arrival Information

### Arrival by public transport:

Landbus 720, bus stop "Bings Alfenzbrücke/Stallehr", then 10 min by foot. The exact connections can be found at [www.vmobil.at](http://www.vmobil.at). Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

## Equipment

Come in comfortable clothing, bring your favorite pillow and a soft blanket.

## Description

Leave everyday life behind you and return to your inner center.

Experience a place of peace and serenity. Surrounded by the silence of nature and the calming aura of the horses, I offer you space

for a time-out full of relaxation and recuperation. With mediation, progressive muscle relaxation and fantasy journeys, you can calm your senses, reduce stress and recharge your batteries.

## Hint / Advice

The relaxation session only takes place in good weather. The horses are located nearby, but in a separate area. Participation is therefore possible for everyone, even without direct contact with the horses.

## Price

with Guest Card:  
€ 20.00 per person

without Guest Card:  
€ 25.00 per person

## Anmeldung

by 12:00 on the same day, with Silvia Plangg: T +43 664 111 7631

## Guest card services





## Venue

### Stallehr

+43 664 11 17 631

[office@silvia-pferdecoaching.com](mailto:office@silvia-pferdecoaching.com)



## Organizer

### Pferdegestütztes Coaching

+43 664 11 17 631

[office@silvia-pferdecoaching.com](mailto:office@silvia-pferdecoaching.com)

## further dates

date	time
30.04.2025	18:00 o'clock
07.05.2025	18:00 o'clock
14.05.2025	18:00 o'clock
21.05.2025	18:00 o'clock
28.05.2025	18:00 o'clock
04.06.2025	18:00 o'clock