

Vital

Ellmauhof
FAMILIENRESORT

****SUPERIOR



DAS FERIENGUT



SUMMER VITALITY PROGRAMME

with our fitness coach and hiking guide Oliver

16/05 - 08/11/2020

THE ELLMAUHOF FAMILY RESORT

MONDAY

08.00 am – 09.00 am
03.00 pm – 04.00 pm

Nordic walking
Introductory Pilates

TUESDAY

08.00 am – 09.00 am
04.00 pm – 05.00 pm

Nordic walking
Introductory fascia yoga

WEDNESDAY

08.00 am – 09.00 am
03.00 pm – 04.00 pm

Nordic walking
Pilates meets swingsticks

THURSDAY

08.00 am – 09.00 am
04.00 pm – 05.00 pm

Nordic walking
Pilates and fascia yoga

FRIDAY

08.00 am – 09.00 am

Individual Pilates +Plus

The Nordic Walking sessions can also be staged earlier, please feel free to ask.

General information:

Nordic Walking

MEETING PLACE: RECEPTION

Suitable for beginners and advanced practitioners.
Poles can be loaned.

Pilates & fascia yoga

MEETING PLACE: FITNESS ROOM

Mats, balls, rolls and swingsticks are provided.

OUR VITALITY TRAINER & HIKING GUIDE OLIVER

Oliver is a child of the mountains – and he loves to guide people from around the world to the loveliest spots in Saalbach Hinterglemm! He has been a state-certified mountain guide since 2007 and a Nordic walking guide and member of the Austrian Naturist Association (ÖNV) since 2009. He started teaching Pilates with swingsticks in 2012 and has been a fascia yoga instructor since 2018.

With his empathetic manner and professional approach he is sensitive to the needs of every individual and able to foster their growth. Put yourself in his expert hands and take advantage of the opportunity to enjoy an active and relaxing summer break and adventures sure to linger long in the memory.

VITALITY ACTIVITIES AT THE ELLMAUHOF

NORDIC WALKING – THE GENTLE FULL-BODY FORM OF EXERCISE

This popular low-impact sport has a whole range of wonderful effects.

Stimulating activity in the fresh air relaxes and strengthens the locomotor system while being in beautiful natural surroundings promotes relaxation and stimulates the production of happiness hormones.

It's important to learn the right technique to take full advantage of the many benefits of this popular sport.

Our vitality trainer Oliver has been a Nordic walking instructor since 2009 and is a member of the Austrian Naturist Association. The qualification process for an instructor is very stringent and incorporates the latest scientific advances with regard to health and training aspects.

Sport and being close to nature are Oliver's two great passions. He loves to pass on his knowledge to people from around the globe – and points out the loveliest spots in the alpine valley during training sessions which are tailored to the needs of the group.

Nordic walking is a full-body form of exercise during which the entire body is involved in a cyclical rhythm. The poles always point diagonally backwards. The right pole tip is planted in line with the heel of the left foot and then vice-versa. With loose and relaxed shoulders, the arms are kept close to the body and the hands should grip the pole every time it hits the ground. The tempo and effectiveness of the training can be adapted to the individual.

Many people in our performance-oriented society enjoy a relaxed, corrective form of outdoor exercise in their leisure time which can be stepped up to a high impact workout if correctly pursued.

Take the opportunity to try out a new sport – or to improve your technique in the expert hands of our Nordic walking instructor Oliver.

PILATES – POWER, STRENGTH AND TRANQUILLITY

Pilates is one of the most popular “sports programmes” for people of all levels of fitness and can in principle be practiced wherever you are.

The focus is on power, strength and tranquillity. Take a little me-time and do your body good – with strength-enhancing exercises the whole body gets a gentle workout and is relaxed. Whether you spend a large part of your day sitting, standing or doing physical work – Pilates is the perfect antidote to a repetitive lifestyle.

Oliver has been teaching Pilates since 2012 and explains:

You do the exercises for yourself. Quality matters more than quantity – doing the exercises precisely and correctly is more important than the number of repetitions.

With Pilates it's also important to breathe correctly and work out in a peaceful environment to achieve a healthy, well-trained body and a soul that wants to reside in it!

As well as providing ideal conditions in the fitness room, Oliver also caters for the individual needs of the participants during his training sessions.

Mats and items that can be integrated into the exercises such as balls and swingsticks are provided – as feet are also exercised trainers are not required.

As well as relaxing breathing exercises, relaxation units for the whole body and corrective movements to eliminate blockages and ease tensions, seldom-used muscle groups are activated and exercised.

The combination of Pilates and swingsticks is especially popular and effective. The targeted swinging of these flexible sticks stimulates specific areas of the musculature, with a particular focus on the deep muscles. Exercise with swingsticks combines strength, endurance, deep muscle, coordination, posture stabilising, and motion sensitising training.

Take the opportunity to put yourself in Oliver's expert hands and benefit from individual exercises – which you can perform when you get back home too!

PILATES EXERCISES TO BE GETTING ON WITH:

Head turning – relaxation in the neck area

STEP ONE: Stand upright with the shoulder girdle and spine in a neutral position, your feet hip-width apart, knees relaxed and arms hanging loosely.

Close your eyes, mindfully in- and exhale and mindfully centre yourself.

STEP TWO: Take a deep breath.

Exhale, tense the pelvic floor and transverse stomach muscles and draw in your navel by 30% towards the spine. Slowly turn your head right, keeping your eyes fixed on the horizon.

STEP THREE: Inhale and turn your head forwards again. Repeat the movement five times in this direction. Then change side.

Shoulder rotations – staying flexible

STEP ONE: Sit or stand upright.

STEP TWO: Touch your shoulders with your hands.

STEP THREE: Perform ten large, mindful and slow forward rotations. Then rotate in the opposite direction.

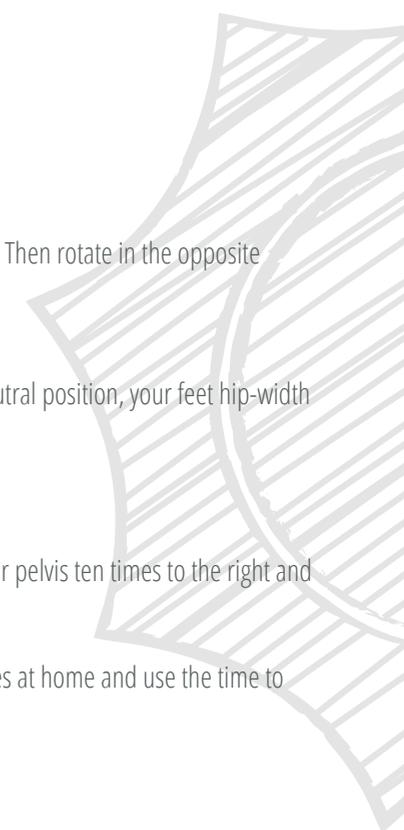
Pelvic rotations – enhancing stability

STEP ONE: Stand upright with the shoulder girdle and spine in a neutral position, your feet hip-width apart, knees relaxed and arms hanging loosely.

STEP TWO: Place your hands on the right and left of your pelvis

STEP THREE: Draw in your navel and slowly and mindfully rotate your pelvis ten times to the right and then do the same in the opposite direction.

Also breathe deeply and mindfully when you perform these exercises at home and use the time to take a restorative, stimulating and relaxing break!



FAYO® – FASCIA YOGA

Fascia is the technical term for our connective tissue – in particular the soft part of this tissue. Fascia tissue envelops the whole body, giving it its shape and providing a connection between the individual areas.

The health of the fascia tissue is crucial and problems with it affect wellbeing in a variety of ways. Adhesions can form between fascial surfaces, for example, and the tissue can harden. This can result in unpleasant complaints and pains.

However, these kinds of problems can easily be prevented through regular exercise. Full-body stretching of the muscles and fascia tissue is particularly effective.

Suitable training methods include fascia yoga and Pilates.

fayo®– fascia yoga consists of specific joint and spine exercises that activate the metabolism and achieve healthy connective tissue. fayo® consists of the three core elements of nutrition, movement and mindfulness.

It is primarily an exercise system developed for prevention in order to retain lifelong freedom from pain and flexibility in the locomotor system. It consists of movement, stretching, coordination and strengthening exercises combined with a tailored fascia roll massage. The fayo® movement concept counterbalances mobility restrictions that may have been caused by the emphasis on one side or part of the body of many types of sport, a seated occupation, general lack of movement and physical work. The concept is based on many years of research by the pain specialists Liebscher & Bracht and medical expertise in the area of human movement anatomy.

fayo® is suitable as an easy-to-learn exercise system for all people – regardless of occupation or sport pursued – who are affected by physical imbalances due to daily movements that favour different muscles,” says Robert Schleip, a leading fascia researcher.

The difference with other forms of yoga

Yoga stands for the concepts of unity and integration. In fayo® and in classic yoga it is about the progress of individual development. Power and effort are used to unite the body, mind and soul, thereby raising consciousness. fayo® is a modern development of yoga that goes far beyond the traditional asanas of the Indian way of life.

fayo® is based on medical expertise in the area of human movement anatomy and modern pain therapy. And fayo® not only has a different background, it also has a different focus: In traditional yoga the focus is on spiritually energetic exercise (breathing, ethics, self-discipline, concentration, meditation), with the stretching body positions (asanas) helping to “hot wire” energy channels (meridians) with the aim of accelerating the spiritual and energy development process.

In fayo® yoga, the aim is to improve health and flexibility through effort and willpower. The focus is on stretches/constriction stretches, movements and controls in certain places and positions. The aim is to do as much as possible to make the body the temple of the soul.

Oliver is well attuned to the needs of our guests and adapts his training session perfectly to the group.

People of all ages and fitness levels can take part, and participation provides a perfect counterbalance to everyday movement sequences at school, in the office, in the workplace, at home, etc.





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Involvement in all activities is at the participant's risk
The right to make changes to the programme is reserved.