



HAPPINESS

MODULE

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Happiness lives here

Our Happiness Modules for your perfect holiday happiness

Do you still remember how dewy grass feels on your bare feet? How an apple tastes fresh off the tree? How brightly the stars shine in the night sky? How it feels to sit in the garden with your family, relaxed and without a care in the world? Watching your children climb a tree?

Our Happiness Modules give back to you all those things that you had to forego in recent months. Whether you simply want to escape completely and do something good for your body in the form of our RINGANA SoFRESH pampering package. Or wind down your day with yoga or meditation under the apple tree. Rediscover your connectedness to nature whilst baking bread, taking a herb walk or preparing ayurvedic dishes. And even if you plan to restore your inner balance perhaps by hiking in Salzburg's mountain world or participating in a medically supervised detoxification program – we are always there to support you in achieving your personal form of holiday happiness.

As parents ourselves, we know that your holiday happiness stands or falls with the contentment of your children. With that in mind, we have come up with very special Happiness Modules for your youngsters: Whether music and dance, fun and games in nature, the magical enchantment of Tommy the Clown, or being wrapped in a giant soap bubble – your children are sure to be thrilled, allowing the two of you to enjoy some quiet time together.

Our Happiness Modules may each be booked separately.

The individual modules are priced between € 90 and € 150.
Simply ask us for further details!

Happiness lives here. Enjoy it!



Module 1

Bake your own bread

“The smell of freshly baked bread – pure anticipation!” Kati Österreicher loves bread – especially bread she has baked herself. “For me, it’s important to know what’s in it”, says this passionate hobby baker. Kati will share her knowledge about valuable ingredients, gentle forms of preparation, and her tips for bread that is as healthy as it is delicious, as you bake bread together and look forward to the fragrant results.

Duration: at least 2.5 hours / Kati

Module 2

Yoga and Meditation

Get back in touch with your body again, restore harmony to mind and body, and feel completely at one with the world. This is what our yogis wish to offer you during their yoga sessions. Through meditation, select poses (asanas) and breathing exercises, they help participants enjoy a special timeout from their daily routine. “Yoga gives energy and joy”, a gift you can experience in our Happiness Yoga Modules.

Session duration: 1-2 hours
Debsi, Mella and Theresa

Module 3

Herb walk and Making flower butter

Setting out on the path – one of the basic principles of ayurveda. In this case, a path our guests set out on with Alexandra Hofer, ayurveda consultant and avid ayurveda cook. On a herb walk together with her, you will discover the valuable herbs growing on nearby meadows. And right afterwards, you will conjure up fragrant ayurvedic dishes. A perfect blend of regionality and Far Eastern love of life.

Duration: 1-4 hours / Alexandra

Module 4

Acupuncture and Detoxification under medical supervision

His patients value his holistic approach, breadth of knowledge about Traditional Chinese Medicine, and his many years of experience. Dr. Mario Herzog is a general practitioner who, rather than being afraid to look beyond the boundaries of orthodox medicine, consciously chooses to do so. Based on your needs, he will accompany you and your personal feel-good program at the Forsthaus with acupuncture, healing herbs or dietetics.

Session duration: 2 hours / Dr. Mario Herzog

Module 5

Finest Saxophone Music live

What would raise a family dinner enjoyed on the terrace to perfection? And add the crowning glory to an evening for two in the whirlpool beneath stary skies? Exactly: Live music. Especially if it comes from the saxophone of Willi Streb. A passionate musician, he can be counted on to conjure up the perfect atmosphere – also during your holiday.

Duration: 1 hour or more / Willi Streb

Module 6

Photo Shoot

No holiday photo of your whole family together? That won't happen to you on this holiday. Successful photographer Doris Wild will capture that special moment and ensure you have a lasting memory of your holiday.

Duration: about 1 hour
Doris and Günter



Module 7

RINGANA SoFRESH Pampering Package

Fresh skincare. This is what Austrian company RINGANA stands for. RINGANA harnesses the effectiveness of high-potency ingredients from nature. RINGANA skincare products and nutritional supplements contain no artificial preservatives or genetically modified raw materials. The Pampering Package, which you receive as a welcome gift, allows you to test RINGANA for yourself. Our RANGANA ambassadors will inform you about how you can fit these products into your personal feel-good program.

Free/ Kati and Theresa

Module 8

Fun and Games in Nature

for
Kids

Balancing on tree trunks, walking barefoot along the riverbed, doing pullups on a tree branch, jumping over hedges ... when was the last time your children enjoyed something like that? Experienced children's sports coach Susi sees every branch as a training opportunity, every meadow as a practice area. With fun and creativity, the kids will be able to work on their coordination, balance and agility. Based on their ages, needs and interests, Susi will create a custom program for your loved ones. It has been a long time since your children had so much fun in nature.

Session duration: 2-3 hours / Susi

Module 9

Circus Fun with the Bubble Clown

for
Kids

He will make the kids disappear inside giant soap bubbles, juggle with balloons and, with his infectious drumming and music, motivate everyone to join in. The Bubble Clown puts a gleam in the eyes of every child and makes them as happy as can be – for a birthday party or simply as a holiday highlight for your kids.

Duration: 1 hour or more

Module 10

Magic Show with Tommy the Clown

for
Kids

Tommy the Clown whisks everyone, big and small, away to a world of magic. You will get to assist Tommy, marvel at his breathtaking magic tricks, and laugh until your tummy begins to hurt. Especially when Tommy makes fun of mom and dad. An enjoyable, participatory magic experience for all.

Duration: 1 hour or more

