


CULTURE & MUSEUMS

Yoga-Trail with Karl Straub



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Trail of Inspiration

The audio guide of the LuzernToursimus app includes four yoga tours in Vitznau and on the Rigi.

On four short hiking trails, the app provides instructions for yoga poses at various stops. In the open natural environment, surrounded by striking panoramic views, these practices give instant inspiration and make everyday cares seem far away.

The app contains a map, an overview of the stops, and detailed audio instructions.