

# Plan your Week



Useful tips & info directly on your smartphone  
[my.schwarzschmied.com](http://my.schwarzschmied.com)

S U 3 0 . 0 3

M O 3 1 . 0 3

T U 0 1 . 0 4

W E 0 2 . 0 4

T H 0 3 . 0 4

F R 0 4 . 0 4

S A 0 5 . 0 4

S U 0 6 . 0 4

▲ 8.30 - 9.30 am  
**Functional Fitness**  
with Samantha  
@Arise

▲ 7.30 - 08.30 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

▲ 8.45 - 09.45 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

▲ 5.45 - 6.45 pm  
**Yin Yoga**  
with Matthäa  
@Arise

▲ 7.30 - 08.30 am  
**Morning Power Flow**  
with Hanni  
@Arise

▲ 5.45 - 6.45 pm  
**Yin Yoga**  
with Matthäa  
@Arise

▲ 7.30 - 08.30 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

▲ 8.45 - 09.45 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

■ 9.30 am - 4 pm  
**Guided hike**  
with Heinrich

● 4 - 4.40 pm  
**Soundbath**  
Price: 20€  
@Arise

▲ 5.45 - 6.45 pm  
**Yin Yoga**  
with Matthäa  
@Arise

▲ 7.30 - 08.30 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

▲ 8.45 - 09.45 am  
**Vinyasa Flow**  
with Matthäa  
@Arise

▲ 5.45 - 6.45 pm  
**Gentle Hatha Yoga**  
with Michaela  
@Glasshouse

● 8.30 pm  
**Jazz Session**  
with Michl Lösch  
at the hotel bar

▲ 7.30 - 08.20 am  
**Vinyasa Flow**  
with Matthäa  
@Glasshouse

▲ 8.30 - 9.30 am  
**Pilates**  
with Anna  
Price: 15€  
@Glasshouse

▲ 4 - 5.30 pm  
**Meridian Yoga &  
Acupressure Workshop**  
with Matthäa  
Price: 20€  
@Glasshouse

▲ 5.45 - 6.45 pm  
**Yin Yoga**  
with Matthäa  
@Glasshouse

● 6.30 - 9.30 pm  
**DJ'n Drinks**  
with Cristian Rot  
@Parkhotel Mondschein

▲ 7.30 - 08.30 am  
**Vinyasa Flow**  
with Matthäa  
@Glasshouse

▲ 8.45 - 09.45 am  
**Vinyasa Flow**  
with Matthäa  
@Glasshouse

■ 9.30 am - 4 pm  
**Guided hike**  
with Heinrich

● 4 - 4.40 pm  
**Soundbath**  
Price: 20€  
@Arise

▲ 5.45 - 6.45 pm  
**Yin Yoga**  
with Matthäa  
@Arise

▲ 8.30 - 9.30 am  
**Pilates**  
with Anna  
@Arise

▲ **move:** inside & outside ● **enjoy:** music, talks & readings ■ **explore:** go out & find out

\*Registration required at the Schwarzschmied reception.  
One activity per person per day is included.  
A fee of €10 will be charged for the shuttle bus.