

# Plan your Week



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S U 2 2 . 1 2 .

M O 2 3 . 1 2 .

T U 2 4 . 1 2 .

W E 2 5 . 1 2 .

T H 2 6 . 1 2 .

F R 2 7 . 1 2 .

S A 2 8 . 1 2 .

S U 2 9 . 1 2 .

▲ 8:30–9:30 AM  
**Functional Training**  
with Samantha  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Wake up yoga**  
with Stefanie  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Power vinyasa**  
with Hanni  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Detox yoga**  
with Stefanie  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Vinyasa flow**  
with Kathrin  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Gentle yoga  
meets vocal yoga**  
with Stefanie  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Breath and flow**  
with Stefanie  
WITH REGISTRATION

▲ 8:30–9:30 AM  
**Functional Training**  
with Samantha  
WITH REGISTRATION

● 3:30 PM  
**Soundbath**  
Price: 20,00 euro  
WITH REGISTRATION

● 11 AM - 2 PM  
**Christmas Aperitivo**  
with DJ Luc Sauvage  
@Parkhotel Mondschein

▲ 9:00–10:00 AM  
**Pilates**  
with Anna  
WITH REGISTRATION

▲ 9:00–10:00 AM  
**Pilates**  
with Anna  
WITH REGISTRATION

■ 4-6 PM  
**Cild care**  
with Evi  
WITH REGISTRATION

■ 9:30 AM - 4 PM  
**Guided hike**  
with Heinrich  
Sign up at the reception!

■ 3-4 PM  
**Kids yoga**  
with Hanna  
WITH REGISTRATION

▲ 4-5 PM  
**Yin yoga**  
with Stefanie  
WITH REGISTRATION

■ 9:30 AM - 4 PM  
**Guided hike**  
with Heinrich  
Sign up at the reception!

■ 3-4 PM  
**Kids yoga**  
with Hanna  
WITH REGISTRATION

▲ 4:15-5:15 PM  
**Evening session**  
with Stefanie  
WITH REGISTRATION

▲ 11 AM–12 PM  
**Vocal yoga workshop**  
with Stefanie  
Price: 20€  
WITH REGISTRATION

■ 4-6 PM  
**Cild care**  
with Evi  
WITH REGISTRATION

▲ 5:45-6:45 PM  
**Evening session**  
with Stefanie  
WITH REGISTRATION

▲ 5-7 PM  
**Inner Gardens**  
Incense Special  
with Ulrike Nagler  
Price: 40€  
WITH REGISTRATION

● 5:45-6:45 PM  
**Soundbath**  
Price: 20,00 euro  
WITH REGISTRATION

▲ 5:45-6:45 PM  
**Evening session**  
with Stefanie  
WITH REGISTRATION

▲ 5:45-6:45 PM  
**Yoga: the 5 tibetans**  
with Naomi  
WITH REGISTRATION

● 9 PM  
**Jazz piano session**  
with Fabio Zindaco  
at the hotel bar

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

\*Registration required at the reception  
For the hiking bus €8,- will be charged