

# Plan your Week



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S U 27.10.

M O 28.10.

T U 29.10.

W E 30.10.

T H 31.10.

F R 01.11.

S A 02.11.

S U 03.11.

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

▲ 7:30–8:30 AM  
**Gentle wake up**  
with Stefanie  
WITH REGISTRATION

▲ 7:30–8:30 AM  
**Morning flow**  
with Anna  
WITH REGISTRATION

▲ 8:00–9:00 AM  
**Morning session**  
with Johanna  
WITH REGISTRATION

▲ 8:00–9:00 AM  
**Hatha yoga**  
with Johanna  
WITH REGISTRATION

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

▲ 7:30–8:30 AM  
**Morning flow**  
with Anna  
WITH REGISTRATION

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

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

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

▲ 5:45-6:45 PM  
**Flowing yin**  
with Johanna  
WITH REGISTRATION

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

▲ 5:45-6:45 PM  
**Slow flow**  
with Kathrin  
WITH REGISTRATION

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

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

▲ 4:30-5:30 PM  
**Yin yoga**  
with Stefanie  
WITH REGISTRATION

● 7 PM  
**RH goes Wild**  
@1477Reichhalter  
\*LIMITED SEATING  
AVAILABLE

● 6.30 PM - 9.30 PM  
**DJ'n'Drinks**  
@Parkhotel Mondschein

▲ 5:45-6:45 PM  
**Slow flow**  
with Kathrin  
WITH REGISTRATION

▲ 6-7 PM  
**Dance your inner wave**  
with Stefanie  
Price:15.00€  
WITH REGISTRATION

● 9 PM  
**Jazz piano session**  
with Michael Lösch  
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 €10,- will be charged