

Plan your Week



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MO 30.12.

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

■ 3-4 PM
Kids yoga
with Hanna
WITH REGISTRATION

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

■ 4-6 PM
Cild care
with Evi
WITH REGISTRATION

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

TU 31.12.

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

● 10 AM - 4 PM
New year's aperitivo
@1477 Reichhalter

▲ 2-5 PM
New Year's Eve Ritual
with Stefanie
Price: 45€
WITH REGISTRATION

● 6 PM
Aperitif and finger food
in the lobby

● 7 PM
New Year's Eve Dinner
@ La Fucina

● 9 PM
DJ Fabio Zindaco
in the lobby

● **Midnight**
Fireworks

WE 01.01.

▲ 9:00–10:00 AM
Detox yoga
with Stefanie
WITH REGISTRATION

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

▲ 5:45-6:45 PM
Yin and sound
with Stefanie
WITH REGISTRATION

TH 02.01.

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

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

■ 3-4 PM
Kids yoga
with Hanna
WITH REGISTRATION

▲ 5:45-6:45 PM
Yin yoga
with Stefanie
WITH REGISTRATION

● 9 PM
Jazz piano session
with Michael Lösch
at the hotel bar

FR 03.01.

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

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

■ 4-6 PM
Cild care
with Evi
WITH REGISTRATION

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

SA 04.01.

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

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

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

▲ 10 AM–12:30 PM
Selfcare saturday
with Stefanie
Price: 45€
WITH REGISTRATION

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

SU 05.01.

▲ 8:30–9:30 AM
Yoga morning session
with Stefanie
WITH REGISTRATION

MO 06.01.

▲ 7:30–8:30 AM
Yoga morning session
with Stefanie
WITH REGISTRATION

▲ **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