

Plan your Week



Useful tips & info directly on your smartphone
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S U 17.11.

M O 18.11.

T U 19.11.

W E 20.11.

T H 21.11.

F R 22.11.

S A 23.11.

S U 24.11.

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

▲ 5–6:30 PM
Special yoga workshop
Let go and flow
with Charlotte
Price: 30.00€
WITH REGISTRATION

▲ 7:30–8:30 AM
Wake up & glow yoga flow
with Charlotte
WITH REGISTRATION

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

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

▲ 5:45–6:45 PM
Calm down yoga
with Charlotte
WITH REGISTRATION

▲ 7:30–8:30 AM
Arise & shine flow
with Charlotte
WITH REGISTRATION

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

● 2:45 PM
Soundbath
Price: 20,00 euro
WITH REGISTRATION

▲ 5:45–6:45 PM
Yin yoga
with Charlotte
WITH REGISTRATION

▲ 8:00–9:00 AM
Power yoga
with Charlotte
WITH REGISTRATION

▲ 4:30–5:30 PM
Soft soul flow
with Charlotte
in the relaxation room
WITH REGISTRATION

▲ 5:40–6:40 PM
Breathwork
with Charlotte
in the relaxation room
Price:15.00€
WITH REGISTRATION

▲ 7:30–8:30 AM
Strong & soft flow
with Charlotte
in the relaxation room
WITH REGISTRATION

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

▲ 5:45–6:45 PM
Yoga: the 5 tibetans
with Naomi
in the relaxation room
WITH REGISTRATION

● 9 PM
Jazz piano session
with Christian
Kuppelwieser
at the hotel bar

● 6.30 PM - 9.30 PM
Dj'n'Drinks
@Parkhotel Mondschein

▲ 7:30–8:30 AM
Weekender warrior yoga flow
with Charlotte
in the relaxation room
WITH REGISTRATION

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

▲ 5:45–6:45 PM
Calm down yoga in the relaxation room
with Charlotte
WITH REGISTRATION

▲ 8:30–9:30 AM
Functional Training
with Samantha
in the relaxation room
WITH REGISTRATION

▲ 5–6:30 PM
Special yoga workshop
Shine your light
with Charlotte
Price: 30.00€
WITH REGISTRATION

▲ **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