



Activity Program | Activity schedule

DE | EN | IT

		Event	Level	Teacher	Location	€/P.
Monday	10.30 - 11.25	Hatha Yoga	open class	Heidi	Activity House	10
	11.30 - 12.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	12.30 - 13.25	Pilates	open class	Heidi	Activity House	10
Tuesday	08.30 - 10.00	Waldbaden Forest Bathing	open class	Monika	Forest	20
	15.30 - 16.25	Pilates	open class	Heidi	Activity House	10
	16.30 - 17.25	Hatha Yoga	open class	Heidi	Activity House	10
	17.30 - 18.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Wednesday	10.30 - 11.25	Hatha Yoga	open class	Heidi	Activity House	10
	11.30 - 12.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	12.30 - 13.25	Pilates	open class	Heidi	Activity House	10
Thursday	08.30 - 10.00	Waldbaden Forest Bathing	open class	Monika	Forest	20
	15.30 - 16.25	Pilates	open class	Heidi	Activity House	10
	16.30 - 17.25	Hatha Yoga	open class	Heidi	Activity House	10
	17.30 - 18.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Friday	08.30 - 09.25	Hatha Yoga	open class	Heidi	Activity House	10
	09.30 - 10.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.30 - 11.25	Pilates	open class	Heidi	Activity House	10
Saturday	10.00 - 10.55	Hatha Yoga	open class	Heidi	Activity House	10

Anmeldung erforderlich | Notification necessary | Previa Prenotazione info@hotel-miramonti.com / T. +39 0473 279335

Der Activity Plan kann variieren | The Activity schedule may vary | Orari e lezioni possono variare