



Activity Program | Activity schedule

DE | EN | IT

		Event	Level	Teacher	Location	€/P.
Monday	16.00 - 16.50	Pilates	open class	Heidi	Activity House	10
	17.00 - 17.50	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.40	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Tuesday	10:00 - 11:30	Waldbaden Forest Bathing	open class	Monika	Forest	10
	16.00 - 16.50	Pilates	open class	Heidi	Activity House	10
	17.00 - 17.50	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.40	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Wednesday	8.30 - 9.30	Qigong Yin Yang Meditation	open class	Herwig	Activity House	10
	10.30 - 11.25	Hatha Yoga	open class	Heidi	Activity House	10
Thursday	10:00 - 11:30	Waldbaden Forest Bathing	open class	Monika	Forest	10
	16.00 - 16.50	Pilates	open class	Heidi	Activity House	10
	17.00 - 17.50	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.40	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Friday	08.30 - 09.20	Hatha Yoga	open class	Heidi	Activity House	10
	10.45 - 11.25	Forest Therapy	open class	Heidi	Activity House	10
Saturday	09:30 - 10:20	Meditation	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