



## 04.05 - 10.05 Activity Program | Activity schedule

DE | EN | IT

Anmeldung erforderlich | Notification necessary | Previa Prenotazione

Yoga, pilates and meditation take place in the ACTIVITY HOUSE

Forest bathing takes place in the forest, meetingpoint is the MIRAMONTI BRIDGE

			Teacher	€/P.
<b>Monday</b>	11:00 - 11:55	Pilates	Heidi	12
	12:00 - 12:55	Hatha Yoga	Heidi	12
<b>Tuesday</b>	08:30 - 09:55	Hatha Yoga	Heidi	16
	10:00 - 10:55	Breath work	Heidi	12
	10:00 - 11:00	Waldbaden   Forest bathing	Monika	25
	11:00 - 11:55	Pilates	Heidi	12
<b>Wednesday</b>	08:30 - 09:55	Hatha Yoga	Heidi	16
	10:00 - 10:55	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	Heidi	12
	11:00 - 11:55	Pilates	Heidi	12
<b>Thursday</b>	10:30 - 11:25	Klangschalenmeditation   Singing Bowls Meditation   Meditazione con campane tibetane	Heidi	12
	17:10 - 18:30	Hatha Yoga	Heidi	16
<b>Friday</b>	08:30 - 09:25	Hatha Yoga	Heidi	12
	09:30 - 10:25	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	Heidi	12
	10:00 - 11:00	Waldbaden   Forest bathing	Monika	25
	10:30 - 11:25	Pilates	Heidi	12
	12:30 - 13:30	Stressabbau-Session   Stress Release Session   Sessione di rilascio dello stress	Heidi	12
<b>Saturday</b>	08:30 - 09:55	Hatha Yoga	Heidi	16

auch für Anfänger geeignet | beginner friendly | adatto ai principianti