



06.04 - 07.04 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.
Monday	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
Tuesday	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

auch für Anfänger geeignet | beginner friendly | adatto ai principianti

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