



06.07. - 11.07. 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	10.30 - 12.55	Hatha Yoga	Heidi	16
Tuesday	08.30 - 09.55	Hatha Yoga	Heidi	16
	10.00 - 10.55	Breath work	Heidi	16
	10.00 - 11.00	Waldbaden Forest bathing	Monika	30
	11.00 - 11.55	Pilates	Heidi	12
Wednesday	15.00 - 15.55	Pilates	Heidi	12
	16.00 - 17.25	Hatha Yoga	Heidi	16
	17.30 - 18.25	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
Thursday	08.30 - 09.25	Hatha Yoga	Heidi	12
	10.00 - 10.55	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	11.00 - 11.55	Pilates	Heidi	12
Friday	10.30 - 11.25	Pilates	Heidi	16
	10:00 - 11:00	Waldbaden Forest bathing	Monika	30
	11.30 - 12.25	Hatha Yoga	Heidi	12
Saturday	08.30 - 09.55	Hatha Yoga	Heidi	16

auch für Anfänger geeignet | beginner friendly | adatto ai principianti

