



10.03 - 16.03 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	09.00 - 10.00	Waldbaden Forest bathing	Monika	25
	10.30 - 11.50	Hatha Yoga	Heidi	16
	12.00 - 13.00	Stressabbau-Session Stress Release Session Sessione di rilascio dello stress	Heidi	12
Tuesday	08.30 - 09.55	Hatha Yoga	Heidi	16
	10.00 - 10.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	11.00 - 11.45	Pilates	Heidi	12
	12.15 - 13.15	Rückentraining Back training Allenamento per la schiena	Heidi	12
Wednesday	08.30 - 09.55	Hatha Yoga	Heidi	16
	09.00 - 10.00	Waldbaden Forest bathing	Monika	25
	10.00 - 10.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	11.00 - 11.45	Pilates	Heidi	12
	12.15 - 13.15	Stressabbau-Session Stress Release Session Sessione di rilascio dello stress	Heidi	12
Thursday	10.30 - 11.20	Pilates	Heidi	12
	11.30 - 12.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	17.10 - 18.30	Hatha Yoga	Heidi	16
Friday	08.30 - 09.55	Hatha Yoga	Heidi	16
	10.00 - 10.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	11.00 - 11.45	Pilates	Heidi	12
	12.15 - 13.15	Stressabbau-Session Stress Release Session Sessione di rilascio dello stress	Heidi	12
Saturday	08.30 - 10.00	Hatha Yoga	Heidi	16

auch für Anfänger geeignet | beginner friendly | adatto ai principianti