



## Activity Program | Activity schedule

22.05 - 27.05

DE | EN | IT

Anmeldung erforderlich | Notification necessary | Previa Prenotazione [info@hotel-miramonti.com](mailto:info@hotel-miramonti.com) / T. +39 0473 279335

Der Activity Plan kann variieren | The Activity schedule may vary | Orari e lezioni possono variare

			Level	Teacher	Location	€/P.
Monday	10.30 - 11.55	Hatha Yoga	open class	Heidi	Activity House	15
	13.00 - 13.55	Pilates	open class	Heidi	Activity House	10
Tuesday	09.00 - 10.00	Waldbaden   Forest bathing	open class	Monika	Activity House	20
	10.30 - 11.55	Hatha Yoga	open class	Monika	Activity House	15
Wednesday	08.00 - 08.55	Hatha Yoga	open class	Heidi	Activity House	10
	09.00 - 09.45	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.00 - 10.55	Pilates	open class	Heidi	Activity House	10
Thursday	09.00 - 10.00	Waldbaden   Forest bathing	open class	Monika	Activity House	20
	10.30 - 11.25	Pilates	open class	Heidi	Activity House	10
	17.10 - 18.05	Hatha Yoga	open class	Heidi	Activity House	10
	18.10 - 18.50	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
Saturday	08.15 - 09.10	Hatha Yoga	open class	Heidi	Activity House	10
	09.15 - 10.00	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10