



Activity Program | Activity schedule

27.02 - 04.03

DE | EN | IT

Anmeldung erforderlich | Notification necessary | Previa Prenotazione 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	08.15 - 09.10	Hatha Yoga	open class	Heidi	Activity House	10
	09.15 - 09.55	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.00 - 10.55	Pilates	open class	Heidi	Activity House	10
Tuesday	09.00 - 10.00	Waldbaden Forest bathing	open class	Monika	Activity House	20
	16.00 - 16.55	Pilates	open class	Heidi	Activity House	10
	17.00 - 17.55	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Wednesday	08.15 - 09.10	Hatha Yoga	open class	Heidi	Activity House	10
	09.15 - 09.55	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
	17.00 - 17.55	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Friday	08.15 - 09.10	Hatha Yoga	open class	Heidi	Activity House	10
	09.15 - 09.55	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.00 - 10.55	Pilates	open class	Heidi	Activity House	10
Saturday	08.15 - 09.45	Hatha Yoga	open class	Heidi	Activity House	15