



## Activity Program | Activity schedule

DE | EN | IT

Event

Level

Teacher

Location

€/P.

<b>Monday</b>	8.00 - 8.55	Hatha Yoga	open class	Monika	Activity House	10
	9.00 - 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
<b>Tuesday</b>	9.00 - 10.00	Waldbaden   Forest Bathing	open class	Monika	Forest	20
	15.00 - 15.55	Pilates	open class	Heidi	Activity House	10
	16.00 - 16.55	Hatha Yoga	open class	Heidi	Activity House	10
	17.00 - 17.45	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
<b>Wednesday</b>	16.00-16.55	Hatha Yoga	open class	Monika	Activity House	10
	17.00-17.45	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
<b>Thursday</b>	9.00 - 10.00	Waldbaden   Forest Bathing	open class	Monika	Forest	20
	15.00 - 15.55	Pilates	open class	Heidi	Activity House	10
	16.00 - 16.55	Hatha Yoga	open class	Heidi	Activity House	10
	17.00 - 17.45	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
<b>Friday</b>	16.00-16.55	Hatha Yoga	open class	Heidi	Activity House	10
	17.00-17.45	Achtsamkeitsmeditation   Mindfulness Meditation   Meditazione di consapevolezza	open class	Heidi	Activity House	10
<b>Saturday</b>	8.00 - 8.55	Hatha Yoga	open class	Heidi	Activity House	10

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