• **05:00 PM:** *YOGA WITH VERA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.

SATURDAY, APRIL 5

- O8:15 AM: *ACTIVATING MORNING FLOW YOGA
 Meeting point: movement room at the 3rd floor
 Duration: approx. 60 min.
- **08:30 AM:** AQUAFITNESS We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM:** STRETCH AND RELAX In the movement room, duration: approx. 50 min.
- 04:00 PM: PEELING IN THE STEAM SAUNA
- **05:00 PM:** *YIN YOGA WITH MAGDALENA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.
- O5:00 PM: RELAXING INFUSION WITH THE ESSENTIAL OILS
 SAGE, LEMON AND LAVENDER
- O6:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS
 THYME, MARJORAM AND BASIL

*WE ASK FOR REGISTRATION BY 7:00 PM THE DAY BEFORE. YOGA & PILATES ARE FREE OF CHARGE, BUT ONLY TAKE PLACE WITH REGISTRATION.

CHANGES POSSIBLE DUE TO WEATHER CONDITIONS.

FOR THE HIKINGS:

EEQUIPMENT NEEDED: BACKPACK, HIKING OR HIKING BOOTS, RAIN GEAR, SUNSCREEN, GLOVES AND HAT, POSSIBLY HIKING POLES. TRAVELLING TO THE HIKE WITH OUR 9-SEATER HOTEL BUS. FOOD, DRINKS AND CABLE CAR RIDES ARE PAID FOR BY THE PARTICIPANTS THEMSELVES. YOU ARE WELCOME TO ORDER A PACKED LUNCH TO TAKE AWAY AT THE HOTEL FOR €16 PER LUNCH.



THEINER'S GARTEN

A C T I V E P R O G R A M 3 1 . 0 3 . - 0 6 . 0 4 .



THE GARDEN OF FLAVOR

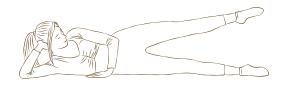
BREAKFAST FROM 07.30 AM TO 10.30 AM LIGHT LUNCH FROM 13.00 PM TO 14.45 PM SWEET BUFFET FROM 15.00 PM TO 17.00 PM DINNER FROM 18.30 PM TO 20.30 PM

MONDAY, MARCH 31

• 08:15 AM: *PILATES WITH NADIA

Meeting point: movement room at the 3rd floor Duration: approx. 60 min.

06:30 PM: WELCOME APERITIVO WITH THE THEINER'S FAMILY



TUESDAY, APRIL I

08:15 AM: *SURYA NAMASKAR YOGA

Meditation in movement with the sun salutation with Magdalena Meeting point: movement room at the 3rd floor Duration: approx. 60 min.

 O5:00 PM: *SLOW YOGA INSPIRED BY MBSR WITH MAGDALENA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.

WEDNESDAY, APRIL 2

- 08:15 AM: *ACTIVATING MORNING FLOW YOGA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.
- O8:30 AM: AOUAFITNESS We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- 10:00 AM: *CIRCULAR HIKE TO THE DAFFODIL BLOOM ABOVE POSTAL

We start our hike in Postal (288m). We follow the "Sunnseiten Trail" and turn onto the Graf Volkmar Trail. We ascend through the forest, briefly but steeply, until we reach the Wieslerhof (626m), where we can admire the blooming daffodil plantation. Enjoying the view, we continue our ascent to the Heacher Inn, where we have lunch. Afterward, we descend through the forest back to our starting point.

Walking time: approx. 3 hours Return: around 2:00 PM

Elevation gain: 330m

- 04:30 PM: PEELING IN THE STEAM SAUNA
- O5:00 PM: *GENTLE, GROUNDING VINYASA YOGA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.
- 05:30 PM: RELAXING INFUSION WITH THE ESSENTIAL ESSENTIAL OILS OF SWISS STONE PINE, LAVENDER AND LEMON

THURSDAY, APRIL 3

- 08:15 AM: *SURYA NAMASKAR YOGA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.
- 08:30 AM: AOUAFITNESS We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- 11:00 AM: STRETCH AND RELAX in the movement room, duration: approx. 50 min.
- 14:00 AM: *RELAXING WALK AROUND THE MONTIGLER LAKE

Walking time: approx. 3.5 h Elevation gain: approx. 200 m

Length: approx. 5 km Return: approx. 5 p.m.

• 16:30 AM: *SLOW YOGA: GENTLE AND MINDFUL Meeting point: movement room at the 3rd floor Duration: approx. 60 min..

FRIDAY, APRIL 4

- 08:15 AM: *PRANA VINYASA FLOW YOGA Meeting point: movement room at the 3rd floor Duration: approx. 60 min.
- 09:00 AM: *SPRING CIRCULAR HIKE TO LEUCHTENBURG AND ROSSZÄHNE AT LAKE CALDARO (WITH PICNIC)

We drive to Lake Caldaro (215m) and follow the hiking trail to the nearby ruins of Leuchtenburg (390m above sea level approx. 1 hour). There, we enjoy the stunning view and find a nice spot to peacefully enjoy our picnic. We then continue to the well-known "Rosszähne." The path to the Rosszähne features both ascents and descents before we finally descend back to Lake Caldaro.

Walking time: approx. 3.5 hours Elevation gain: approx. 400 m

Distance: approx. 10 km Return: around 3:00 PM