

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

SATURDAY, APRIL 5

- **08:15 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.
- **05:00 PM: RELAXING INFUSION WITH THE ESSENTIAL OILS
SAGE, LEMON AND LAVENDER**
- **06:00 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:

EQUIPMENT 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

ACTIVE PROGRAM

31.03. - 06.04.



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 1

- **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.
- **05:00 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.
- **08:30 AM: AQUAFITNESS**
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 "Sunseiten 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 Elevation gain: 330m
Return: around 2:00 PM

- **04:30 PM: PEELING IN THE STEAM SAUNA**
- **05:00 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: 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.
- **14:00 AM: *RELAXING WALK AROUND THE MONTIGLER LAKE**

Walking time: approx. 3.5 h Length: approx. 5 km
Elevation gain: approx. 200 m 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 Distance: approx. 10 km
Elevation gain: approx. 400 m Return: around 3:00 PM

