

Total hiking time: approximately 2 - 2.5 hours  
Elevation gain: 300 meters      Total distance: approximately 6 km  
Return: around 09:00 AM

- **08:15 AM: \*PILATES WITH NADIA**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

## SATURDAY, APRIL 26

- **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, Price: € 15,00.
- **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: CITRUS INFUSION WITH THE ESSENTIAL OILS**  
LEMON, MANDARIN AND BERGAMOT
- **06:00 PM: FOREST INFUSION WITH THE ESSENTIAL OILS**  
MOUNTAIN PINE, SWISS STONE PINE AND SPRUCE

**\*WE ASK FOR REGISTRATION BY 7:00 PM THE DAY BEFORE.**

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

## EASTER PROGRAM 21.04. - 27.04.



### 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

## EASTER MONDAY, APRIL 21

- **08:15 AM: \*START YOUR DAY WITH VINYASA YOGA**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **06:30 PM: \*FULL BODY WORK OUT WITH SARAH**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **06:30 PM: WELCOME APERITIVO WITH THE THEINER'S FAMILY**



## TUESDAY, APRIL 22

- **08:15 AM: \*PILATES WITH NADIA**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **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: RELAXING INFUSION WITH THE ESSENTIAL OILS**  
CLARY SAGE, BASIL AND BERGAMOT
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS**  
MARJORAM, LAVENDER AND BASIL

## WEDNESDAY, APRIL 23

- **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, Price: € 15,00.

- **09:00 AM: \*HIKE FROM NATURNSEER ALM TO VIGILJOCH**

We take the cable car from Rablà up to the small hamlet of Aschbach (1,350 m). From there, our hike leads us up to the Naturnser Alm (2,000 m – approx. 1h30) and continues to the little St. Vigilius Church at Vigiljoch (1,793 m). Finally, the trail takes us back down to the starting point. We recommend bringing your own packed lunch.

Elevation gain: 650 m      Distance: approx. 12 km  
Hiking time: approx. 3h30      Return: around 3:00 – 4:00 pm

## THURSDAY, APRIL 24

- **08:15 AM: \*GENTLE VINYASA YOGA**  
With influences from MBSR and trauma-sensitive yoga  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: \*HIKE ALONG THE WATER WALL PROMENADE TO THE OSWALD PROMENADE IN BOLZANO**

We drive to Bolzano and walk along the Water Wall Promenade, then continue onto the Oswald Promenade.

Walking time: approx. 2.5 hours      Distance: approx. 4 km  
Elevation gain: 113 m  
Estimated return: between 12:00 and 12:30 p.m.

## FRIDAY, APRIL 25

- **04:00 AM: \*SUNRISE HIKE TO LAVINASPIITZ**

At Lavinaspitz, approximately 1,650m, we welcome the new day with the rising sun over the Dolomites. We reach the viewpoint from the parking lot near the Golfwiesen via the forest path along the ski slope, passing the Halbweg-Hütte, and shortly thereafter, reaching Lavinaspitz. The panorama is breathtaking: directly below us lies Lake Caldaro, Überetsch, the Adige Valley, and the basin of Bolzano; opposite us to the east are the Dolomites with Schlern, Rosengarten, Latemar, and the Lagorai range. After sunrise, we hike back to the starting point at Mendelpass via a forest trail. Easy hike, requires some surefootedness.

Equipment: Good hiking boots, warm clothing, possibly a change of T-shirt, sweater, hat, possibly hiking poles.

Food: Small summit breakfast

Meeting point: 04:00 AM at the reception

