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:

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

E A S T E R P R O G R A M 2 1 . 0 4 . - 2 7 . 0 4 .



THE GARDEN OF FLAVOR

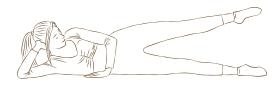
BREAKFAST FROM 07.30 AM TO 10.30 AM
LIGHT LUNCH FROM 13.00 PM TO 14.45 PM
SWEET BUFFET FROM 15.00 PM TO 17.00 PM
DINNER FROM 18.30 PM TO 20.30 PM

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

 O6:00 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 NATURNSER 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 LAVINASPITZ

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

