

#### AT THEINER'S GARTEN

DECEMBER 27 JANUARY 5

- 08:30 AM: AQUAFITNESS
- 11:00 AM: STRETCH AND RELAX
- 4:00 PM: PEELING IN THE STEAM SAUNA
- 5:00 PM: RELAXATION INFUSION IN THE FINNISH SAUNA
- 6:00 PM: CHRISTMAS INFUSION IN THE FINNISH SAUNA
- 6:30 PM: WELCOME APERITIVO WITH THE THEINER'S BY THE FIRE BOWL
- FROM 6:30 PM: ANTIPASTI BUFFET

- 08:15 AM: YOGA WITH MAGDALENA
- **08:30 AM:** WALK ALONG THE "TAPPEINERWEG" AND VISIT TO THE MERANO CHRISTMAS MARKET
- 4:00 PM: PEELING IN THE STEAM SAUNA
- 5:00 PM: RELAXATION INFUSION IN THE FINNISH SAUNA
- 6:00 PM: FOREST INFUSION IN THE FINNISH SAUNA

08:30 AM: AQUAFITNESS

• 11:00 AM: STRETCH AND RELAX

• **01:00 PM:** TRIP TO THE BRESSANONE CHRISTMAS MARKET WITH A GUIDED CITY TOUR

- 08:15 AM: YOGA WITH ANNA
- **08:30 AM:** SNOWSHOEING OR WINTER HIKE TO THE STOANERNEN MANDLN, FOLLOWED BY A SPARKLING WINE TASTING AT THE "ARUNDA" WINERY IN MÖLTEN

- 08:30 AM: AQUAFITNESS
- 11:00 AM: STRETCH AND RELAX
- 4:00 PM: PEELING IN THE STEAM SAUNA
- **5:00 PM:** NEW YEAR'S INFUSION IN THE FINNISH SAUNA WITH PUNCH BY THE FIRE BOWL
- 7:00 PM: NEW YEAR'S EVE APERITIVO
- 7:30 PM: DINNER ADMISSION
- 12:30 AM: MIDNIGHT SNACK
- UNTIL 2:00 AM: MUSIC WITH THE BAND "4 SIGNS"

- 7:30 11:30 AM: NEW YEAR'S BREAKFAST
- 8:15 AM: YOGA WITH ANNA
- 11:15 AM: BROADCAST OF THE NEW YEAR'S CONCERT BY THE VIENNA PHILHARMONIC AT THE BAR

- 08:15 AM: YOGA WITH MAGDALENA
- **09:00 AM:** WINTER HIKE TO TRE CHIESE IN BARBIANO, FOLLOWED BY AN ORGANIC CHOCOLATE TASTING AT "KARUNA" IN CHIUSA

**08:30 AM:** TOBOGGANING TRIP TO VIPITENO ON THE ROSSKOPF, HOME TO ITALY'S LONGEST NATURAL TOBOGGAN RUN

6:00 PM: FOREST INFUSION IN THE FINNISH SAUNA

08:15 AM: YOGA WITH MAGDALENA
08:30 AM: AQUAFITNESS
11:00 AM: STRETCH AND RELAX
4:00 PM: PEELING IN THE STEAM SAUNA
5:00 PM: RELAXATION INFUSION IN THE FINNISH SAUNA

- INCENSE RITUAL WITH MR. THEINER
- OSWALD PROMENADE AND BOLZANO CHRISTMAS MARKET