



Aktivprogramm

Monday

10:00 a.m.
Singing bowl
meditation
(40 min) with Viera

10:00 a.m. **outdoor**
Leisurely bike tour
around the lake
(2 hrs) with Jana

2:00 p.m.
Redondoball
Pilates
(40 mins) with Viera

Tuesday

10:00 a.m.
Hatha Yoga
(60 min) with Lukas

2:00 p.m.
8 gentle full-body
exercises
(30 min) with Lukas

5:35 p.m.
Sauna ceremony
in the panoramic
sauna (min. 2 persons)

6:15 p.m.
Cherry-vanilla-
scrub in the steam
bath
(min. 2 / max. 8 persons)

Wednesday

9:00 a.m. **outdoor**
Forest meditation
(60 min / 30 min walk)
with Lukas

2:00 p.m.
Back fitness -
mobilize & stretch
(30 min) with Lukas

Thursday

10:00 a.m.
Qi Gong
(50 min) with Lukas

10:00 a.m. **outdoor**
City Express-
Plettsaukopf
reservoir
(3 hrs) with Jana

2:00 p.m.
Core Pilates
(30 min) with Lukas

Friday

9:00 a.m.
Sun salutation
(30 min) with Lukas

10:00 a.m. **outdoor**
Areit-Jägersteig-
City express
(3 hrs) with Jana

5:35 p.m.
Sauna ceremony in
the panoramic
sauna (min. 2 persons)

6:15 p.m.
Papaya-scrub in
the steam bath
(min. 2 / max. 8 persons)

Saturday

10:00 a.m.
Fitball
(40 min) with Viera

10:00 a.m. **outdoor**
Schmittenhöhe-
Kaiserblick-
Sonnkogel
(4 hrs) with Jana

From 5:00 p.m.
Exfoliating scrub in
the sauna area

Sunday

10:00 a.m.
Redondoball
Pilates
(40 min) with Viera

10:00 a.m. **outdoor**
Thumersbach-
Waldheim-
Enzianhütte
(4 hrs) with Jana

From 5:00 p.m.
Exfoliating scrub in
the sauna area

Meeting point:

Indoor → wellness reception

Outdoor → hotel reception

Please register the evening before

