

# *A*ctiveprogramme 10.07.2023 – 16.07.2023

(inkl. Saunaprogramm / incl. sauna program)

<b>Monday</b> <b>10.07.</b>	10a.m.	<b>Pilates (40 Min) with Viera</b>
<b>Tuesday</b> <b>11.07.</b>	10a.m. 2 p.m.  5.35.p.m 6.15. p.m	<b>Hatha Yoga (60 Min)</b> <b>Meditation (30 Min)</b> <i>with Lukas</i>  guided sauna ceremony in the Panoramasauna (mind. 2 Pers.) coffee-sugar-scrub in the steam bath 1 <sup>st</sup> floor (mind. 2 / max. 6 Pers.)
<b>Wednesday</b> <b>12.07.</b>	10 a.m. 2 p.m.	<b>Hatha Yoga (60 Min)</b> <b>Qi Gong (30Min)</b> <i>mit Lukas</i>
<b>Thursday</b> <b>13.07.</b>	10 a.m.  5.35 p.m. 6.15 p.m.	<b>Qi Gong 18 figures (50 Min)</b>  Guided sauna ceremony in the Panoramasauna (mind. 2 Pers.) cherry-scrub in the steam bath 1 <sup>st</sup> floor (mind. 2 / max. 6 Pers.)
<b>Friday</b> <b>14.07.</b>	10 a.m. 2 p.m.	<b>Hike to the Ebenbergalm (2,5h) with Lukas</b> <b>Back fitness (30Min) with Lukas</b>
<b>Saturday</b> <b>15.07.</b>	10 a.m.	<b>Singing bowl meditation (40 Min) with Viera</b>
<b>Sunday</b> <b>16.07.</b>	10 a.m.	<b>Fitball (40 Min) with Viera</b>

**Meeting point:** → for the fitness programme at the Wellnessreception  
→ for the hike at the Hotel Reception