

# Preidlhof Sample Weekly Group Activities

*"Reserved only for guests on the retreats, these special classes are the secret to the success of the programmes. Their synergy with the main treatments and the genius loci of Preidlhof expand their transformative power."*

Patrizia Bortolin, Spa Designer & Holistic Coach

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09.00-12.00	09.00-10.00	09.00-10.00	09.00-10.00
FOREST BATHING with Irmgard	YOGA NIDRA	BAREFOOT MEDITATION	YOGA NIDRA
13.00-14.00	12.00-13.00	13.00-14.00	10.00-11.00
HERBAL RITUAL with Irmgard	VOCAL COACH	HERBAL RITUAL with Irmgard	MINDFUL EATING with Dr. Med. A. Angerer
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00
DAO-YIN YOGA with Martin	TRANSFORMATIONAL DANCE with Martina	FACE YOGA	SENSORIAL COSMETIC EXPERIENCE
18.00-19.00	18.00-19.00	18.00-19.00	17.30-18.15
LAUGHTER YOGA with Patrizia & smile team	SENSORIAL EATING	MINDFULNESS	SOUND HEALING with coach Bettina

FRIDAY	SATURDAY	SUNDAY	NOTES
09.00-10.00	09.00-10.00	09.00-10.00	
BAREFOOT MEDITATION	APPLE JOURNEY: SENSORIAL EATING	LAUGHTER YOGA with Patrizia & smile team	
13.00-14.00	13.00-14.00	13.00-14.00	
MINDFUL EATING EXPERIENCE	OLFACTORY JOURNEY with Patrizia	HERBAL RITUAL with Irmgard	
18.00-19.00	15.00-16.00	15.00-16.00	
YOGA NIDRA	MINDFULNESS	MEDITATION / MINDFULNESS with Stefano	
18.30-19.45	18.30-19.45	18.30-19.45	
QI GONG	LAUGHTER YOGA with Patrizia & smile team	MINDFUL RIVER WALK with Patrizia	

Signature experiences at Preidlhof only