MONDAY 07th of August 2023

08.00 am: • Yoga in the morning

In the yoga room (Duration: 50 minutes)

Start your day full of energy

04.00 pm: • Yoga in the afternoon

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

TUESDAY 08th of August 2023

08.00 am: ★ Fascia Training

In the yoga room (Duration: ca. 35 minutes)

Train your connective tissues

08.45 am: ★ Exercise Training

In the yoga room (Duration: ca. 35 minutes)

Mobilize & stretch your body

11.30 am: ** Training for flexibility and mobilization

In the yoga room (Duration: 25 minutes) (also possible for our cure guests at ghee days)

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

WEDNESDAY 09th of August 2023

08.00 am: • Yoga in the morning

In the yoga room (Duration: 50 minutes)

Start your day with ease

11.30 am: ★ **Aquafit**

In the thermal pool (Duration: 20 minutes)

05.00 pm: • Yoga in the evening

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

All offers from the activity & relaxation program can be used free of charge during your stay.

Please notice that the number of participants in our yoga classes is limited.

Please sign in the list at our spa reception.

If it's not possible for you to join the class, please cancel your reservation in time.

THURSDAY 10th of August 2023

08.00 am: ★ Fascia Training

In the yoga room (Duration: ca. 35 minutes)

Train your connective tissues

08.45 am: ★ Exercise Training

In the yoga room (Duration: ca. 35 minutes)

Mobilize & stretch your body

11.30 am: ★ **Aquafit**

In the thermal pool (Duration: 20 minutes)

05.00 pm:
• Yoga in the evening

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

07.00 pm: 🕉 **Meditation**

In the yoga room (Duration: 50 minutes

FRIDAY 11th of August 2023

In the yoga room (Duration: 50 minutes)

Start relaxed in your day

04.30 pm: • Yoga in the afternoon

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

06.00 pm:

Live music in the restaurant

SATURDAY 12th of August 2023

08.00 am: • Yoga in the morning

In the yoga room (Duration: 40 minutes)

Start your day full of energy

In the yoga room (Duration: 40 minutes)

Start your day full of energy

11.30 am: Soft Yoga

In the yoga room (Duration: 25 minutes)

Find tranquility in every posture

(Also possible for our cure guests on the ghee days)

In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

SUNDAY 13th of August 2023

08.00 am: • Yoga in the morning

In the yoga room (Duration: 50 minutes)

Start your day full of energy

05.00 pm: • Yoga in the afternoon

In the yoga room (Duration: 50 minutes) Let go and start relaxed into your evening