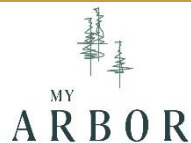


# Weekly Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 – 9:00 am <b>Yoga &amp; Meditation with Mateusz</b> Meeting point: Spa reception	8:00 – 9:00 am <b>Yoga &amp; Meditation with Mateusz</b> Meeting point: Spa reception	8:00 – 9:00 am <b>Yoga &amp; Meditation with Mateusz</b> Meeting point: Spa reception	8:30 – 9:30 am <b>Breath In</b> (Dew stepping, tapping, qi breathing exercises, stretch mobilization, early good morning infusion) <b>with Manuel</b> Meeting point: Spa reception	8:00 – 9:00 am <b>Yoga &amp; Meditation with Mateusz</b> Meeting point: Spa reception	8:00 – 9:00 am <b>Yoga &amp; Meditation with Mateusz</b> Meeting point: Spa reception
09:30 am <b>Guided E-bike tour Geisler - Plose</b> Difficulty: S0-S2 Needed condition: 2/5 MTB skills required Meeting point: Lobby	10:00 am <b>Summer hike</b> to the Astjoch Meeting point: Lobby	09:00 am <b>Guided E-bike tour to hut Ochsenalm</b> Difficulty: S0-S2 Needed condition: 2/5 Meeting point: Lobby	09:30 am <b>Guided hike</b> Over the Gamper meadow to the Gabler Meeting point: Lobby			
		10:00 – 11:30 am <b>Nordic Walking with Tatiana</b> Meeting point: Lobby	2:00 – 3:00 pm <b>Qi Gong with Manuel</b> Meeting point: Spa reception	11:00 am – 1:30 pm <b>Forest bathing (Meditative mindfulness walk for the 5 senses – 2,5 hours)</b>		
	5:00 – 6:00 pm <b>Deep Yoga (Silent wellbeing) with Mateusz</b> Meeting point: Spa reception	5:00 – 6:00 pm <b>The Yogi (Balancing with breathing exercises) with Mateusz</b> Meeting point: Spa reception	5:00 – 6:00 pm <b>Isha Yoga with Mateusz</b> Meeting point: Spa reception	5:00 – 6:00 pm <b>Attentiveness Meditation with Mateusz</b> Meeting point: Spa reception	5:00 – 6:00 pm <b>Light Yoga (light energy) with Mateusz</b> Meeting point: Spa reception	5:00 – 6:00 pm <b>Deep Meditation with Mateusz</b> Meeting point: Spa reception
<p><b>Monday:</b> Forest Monday <b>Tuesday:</b> Around the World <b>Wednesday:</b> We love Südtirol <b>Thursday:</b> Bella Italia <b>Friday:</b> Essence of Water <b>Saturday:</b> Cheat Day <b>Sunday:</b> Pure Pleasure</p>			<p><b>Experiences the way I like:</b> ask for our private hiking and E-MTB guide Ivan! Further information at the reception.</p>			



# Sauna Infusions

TEL RECEPTION 10  
TEL SPA ARBORIS 20

MONDAY, 04.07.2022	TUESDAY, 05.07.2022	WEDNESDAY, 06.07.2022	THURSDAY, 07.07.2022	FRIDAY, 08.07.2022	SATURDAY, 09.07.2022	SUNDAY, 10.07.2022
				9:00 pm <b>Sauna Infusion</b> <b>Early good morning</b> <b>soft</b> Meeting point: Forestsauna		
					2:00 pm <b>Sauna Infusion</b> <b>Relax</b> <b>soft</b> Meeting point: Forestsauna	2:00 pm <b>Sauna Infusion</b> <b>Relax</b> <b>soft</b> Meeting point: Forestsauna
3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forests sauna/ Biosauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forests sauna/ Biosauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>Soft</b> Meeting point: Forests sauna/ Biosauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forestsauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forests sauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forests sauna	3:30 pm <b>Sauna Infusion</b> <b>Meditation</b> <b>soft</b> Meeting point: Forests sauna
4:30 pm <b>Salt output</b> Meeting point: Steambath	4:30 pm <b>Salt output</b> Meeting point: Steambath	4:30 pm <b>Salt output</b> Meeting point: Steambath	4:30 pm <b>Salt output</b> Meeting point: Steambath	4:30 pm <b>Sauna Infusion</b> <b>Relax</b> <b>medium</b> Meeting point: Forestsauna	4:30 pm <b>Sauna Infusion</b> <b>Relax</b> <b>medium</b> Meeting point: Forestsauna	4:30 pm <b>Sauna Infusion</b> <b>Relax</b> <b>medium</b> Meeting point: Forestsauna
5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	05:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna	5:30 pm <b>Sauna Infusion</b> <b>Vitality</b> <b>medium</b> Meeting point: Forests sauna
6:30 pm <b>Sauna Infusion</b> <b>Scent journey</b> <b>strong</b> Meeting point: Forests sauna	6:30 pm <b>Sauna infusion</b> <b>Around the world</b> <b>strong</b> Meeting point: Forests sauna	6:30 pm <b>Sauna Infusion</b> <b>South Tyrol</b> <b>strong</b> Meeting point: Forests sauna	6:30 pm <b>Sauna Infusion</b> <b>Coffee</b> <b>strong</b> Meeting point: Forests sauna	6:30 pm <b>Sauna Infusion</b> <b>Water Harmony</b> <b>strong</b> Meeting point: Forests sauna	06:30 pm <b>Sauna infusion</b> <b>Fire and ice</b> <b>strong</b> Meeting point: Forests sauna	6:30 pm <b>Sauna Infusion</b> <b>Pure Pleasure</b> <b>strong</b> Meeting point: Forests sauna