



# CHENOT

PALACE

## ACTIVITIES TIMETABLE

Sun 19.04	Mon 20.04	Tue 21.04	Wed 22.04	Thu 23.04	Fri 24.04	Sat 25.04
08:00-08:30	09:00-12:00	08:00-08:50	09:00-12:00	08:00-08:50	09:00-12:00	08:00-08:30
Arete - Core and Upper Body Strength Training Vasiliki Petherioti Yoga Studio	Group Activity - Hiking External Hiking Guide Main Reception	Yoga external yoga trainer Yoga Studio	Group Activity - Hiking External Hiking Guide Main Reception	Yoga external yoga trainer Yoga Studio	Group Activity - Hiking External Hiking Guide Main Reception	Aurora - Dynamic Stretching Vasiliki Petherioti Yoga Studio
10:00-12:00	18:45-19:45	17:00-19:00	16:00-17:30	14:00-15:00	17:30-18:00	10:00-12:00
Group Activity - Nordic Walk Victoria Catalina Main Reception	Meet & Greet Apero RECEPTION Tea Lounge	Group Boat Excursion Captain Chris or Captain Manuela Main Reception	Cooking Class: 150CHF per person* Kitchen Kitchen Area	Lamborghini Experience RECEPTION Main Reception	Energia - Hip Power Training Marios Stavridis Yoga Studio	Group Activity - Nordic Walk Vasiliki Petherioti Main Reception
16:30-17:00			18:15-19:00	15:00-16:00	18:15-19:00	
Energia - Hip Power Training Vasiliki Petherioti  Yoga Studio			LECTURE/ WORKSHOP: EMOTIONAL VIBRANT HEALTH  Elina-nefeli Zagkorontskagia  Room 154	Lamborghini Experience RECEPTION  Main Reception	LECTURE: THE OXYGEN ADVANTAGE MAXIMIZING VO2 MAX FOR A LONGER, STRONGER LIFE  Evangelos Karathanasis Room 154	
18:15-19:00				17:00-19:00		
LECTURE MENOPAUSE: BEING ON FIRE WITH YOUR BODY Adriana Carrié Room 154				Group Boat Excursion Captain Chris or Captain Manuela  Main Reception		
				18:15-19:00		
				WORKSHOP: GROUP MEDITATION  Chrysi Kourenta Yoga Studio		

At Chenot, we believe in inspiring and empowering our guests on their journey to wellbeing. Throughout the week, we are pleased to offer a selection of complimentary group activities and informative sessions designed to enhance your wellness experience.

Advanced registration at Spa Reception is required for all activities. All group fitness classes have space from 7 up to 12 people, depends on the activity.

\*150,00 CHF per person

### **Arete - Core and Upper Body Strength Training**

Aretē 30 is a 30-minute bodyweight workout built around push-ups and core strength. This session focuses on controlled power, clean technique, and full-body tension, no equipment. Simple movements, disciplined execution, real results. Train for strength. Train for control. Train with Aretē.

### **Group Activity - Nordic Walk**

Nordic walking is an endurance sport that involves walking at a brisk pace with the aid of two poles. This activity not only engages the lower body but also activates the muscles of the arms, shoulders, and torso, providing a full-body workout. The use of poles allows for increased speed, improved stability, and a greater range of motion compared to regular walking. The technique closely resembles that of cross-country skiing, with the arms extended and moving naturally through the shoulders.

### **Energia - Hip Power Training**

A refined 30-minute, all-levels bodyweight flow focused on the hips, glutes, and lower body. This thoughtfully paced sequence weaves fluid movement with gentle strength to cultivate stability and ease of motion. Guided by breath and precise alignment, Energia offers a calm yet effective practice that supports the body's foundation, leaving you feeling centred, light, and quietly energized.

### **LECTURE MENOPAUSE: BEING ON FIRE WITH YOUR BODY**

Are you ready to embrace the changes that come with a new phase of life? Join us for an insightful and empowering lecture on menopause, where we will explore the fascinating physiology of female hormones, the role they play throughout your life, and what happens when menopause arrives. We will dive into common symptoms, practical strategies for managing this transition, and treatment options to help you feel like your best self.

### **LECTURE/WORKSHOP: EMOTIONAL VIBRANT HEALTH**

Would you like to discover how to live with less stress and cleanse toxic emotional energy?

During this unique workshop, you will learn: What Emotional Vibrant Health is; How emotional energy in the nervous system can become toxic, affecting your mood and your health; What a feeling is, where it stems from in your body, and what the purpose is; How the energy flows in your nervous system, as well as how to consciously recognise an emotion.

You will also experience bioenergetic exercises, so a fitness outfit is required.

### **Lamborghini Experience**

Exclusive to in house guests. Limited to 16 participants in total, subject to availability. Test drives accompanied by a professional driver in two sessions, 14:00 to 15:00 and 15:00 to 16:00.

### **WORKSHOP: GROUP MEDITATION**

Join us for a transformative group meditation experience that invites you to cultivate mindfulness and clarity. Throughout this practice, we will focus on our breath as an anchor, training our minds to center attention and redirect thoughts. Pay attention to each breath as you learn to recognize when your mind starts to wander, gently returning to the present moment without judgment. This enriching practice emphasizes patience and awareness, allowing you to remain grounded in the here and now. It's astonishing how quickly our minds can drift; together, we will discover the power of presence, breath by breath.

It's an open group welcoming all levels, from total beginners to advanced meditation practitioners.

### **LECTURE: THE OXYGEN ADVANTAGE MAXIMIZING VO2 MAX FOR A LONGER, STRONGER LIFE**

This Lecture explores the role of VO2 Max as a key biomarker of longevity, health, and human performance. Often described as the strongest predictors of all-cause mortality, cardiovascular health, and function. The lecture will also present practical strategies to improve aerobic capacity.

### **Aurora - Dynamic Stretching**

Awaken your body and energize your movement with Aurora, a 30-minute guided flow designed to improve mobility, flexibility, and joint health. Through dynamic, controlled movements, this class helps release tension, increase range of motion, and prepare your body for both everyday activities and higher-intensity workouts. Perfect for all levels, Aurora is your time to move with intention, connect with your breath, and leave feeling lighter, looser, and more energized.