

Monday, February 09, 2026

Mrs. Daniela Grob, our permanent make-up specialist, will be in the beauty therapy department to give advice. Approx. 10 minutes.

Please contact Daniela Grob directly: +49 (0)171 30 60 660.

06:45	Drinking bitter water
07:20 - 07:50	Morning group walk with guide meeting at the entrance
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:00 - 08:25	Morning workout & mobilisation in the gym (basement)
08:30 - 08:55	Strength training in the water in the pool (ground floor)
09:00 - 09:30	Introduction to therapy climbing Strengthening and mobilisation for the whole body - also suitable for beginners! in the gym (basement) max. 4 participants
10:00 - 10:30	Respiratory therapy in the gym (basement)
11:00 - 11:50	Assistance to our guests in the fitness room (3rd floor)
12:15 - 12:45	Core training in the gym (basement)
13:15 - 13:45	Supervised swimming with technique tips in the pool (ground floor)
14:15 - 15:15	Nordic walking meeting at the entrance
16:00 - 16:25	Evening group walk with guide meeting at the entrance
16:30 - 17:30	"F.X. Mayr Regeneration - Theories in Diagnosis and Therapy" Introduction lecture by Dr. Sybille Matzenauer in the conference room (ground floor) (German & English)
19:00	Movie night "The Idea of You" American romantic comedy film with Anne Hathaway & Nicholas Galitzine in the conference room (ground floor) (only in English)

Tuesday, February 10, 2026

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- 06:45** **Drinking bitter water**
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- 07:20 -** **Morning group walk with guide**
07:50 meeting at the entrance
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- 07:30 -** **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
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- 08:00 -** **Morning workout & mobilisation**
08:25 in the gym (basement)
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- 08:30 -** **Joint mobilisation in the water**
08:55 in the pool (ground floor)
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- 09:00 -** **Pelvic floor training - for women AND men in English**
09:25 in the conference room (ground floor)
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- 11:00 -** **Introduction to strength training for beginners**
11:50 in the fitness room (3rd floor)
Registration at the medical reception please (max. 3 participants).
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- 13:00 -** **PsyCheck - brief overview of possible mental stress factors in English**
13:50 with **Gerald Autengruber, MSc BSc**
in the meeting room (ground floor)
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- 14:10 -** **Forest walk for advanced walkers**
15:10 meeting at the entrance
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- 15:20 -** **Aqua Jogging**
15:45 in the pool (ground floor)
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- 15:45 -** **Trampoline Move - coordination & strengthening on the bellicon® trampoline for everybody**
16:10 in the gym (basement)
Registration at the medical reception please (max. 5 participants).
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- 16:00 -** **Exhibition of Sonnia Jewellery Design**
20:30 in the lobby
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- 16:30 -** **Hatha Yoga - Body, Breath & Meditation**
17:40 in the gym (basement)
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- 17:05 -** **Evening group walk with guide**
17:30 meeting at the entrance
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- 17:45 -** **Pranayama & Meditation**
18:15 in the gym (basement)
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- 19:00** **Movie night "Because I Said So"**
American romantic comedy film with Diane Keaton & Mandy Moore
in the (only in German)
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Wednesday, February 11, 2026

- 06:45 **Drinking bitter water**
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- 07:20 - **Morning group walk with guide**
07:50 meeting at the entrance
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- 07:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
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- 08:00 - **Morning workout & mobilisation**
08:25 in the gym (basement)
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- 08:30 - **Back training in the water**
08:55 in the pool (ground floor)
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- 10:00 - **Food kiosk with Elisabeth**
11:00 in the lobby
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- 10:10 - **Introduction on "How to exercise properly" – Helpful tips from the perspective of medicine & practice in English**
10:55 lecture from Marlene Mach, BSc
in the conference room (ground floor)
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- 11:00 - **Assistance to our guests**
11:50 in the fitness room (3rd floor)
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- 12:00 - **Conflictculture - for work and everyday life in English with Gerald Autengruber, MSc BSc**
12:50 in the meeting room (ground floor)
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- 12:15 - **Coordination training**
12:45 in the gym (basement)
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- 13:10 - **Stretching & Mobilisation**
13:40 in the gym (basement)
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- 13:45 - **Forest walk**
14:45 meeting at the entrance
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- 14:00 - **Excursion to "Ambras Castle" (guided tour)**
16:30 meeting at the entrance, admission: Euro 14,00 per person
Registration until 10:00 a.m. at the hotel reception please (min. 4 participants).
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- 15:30 - **Aqua Jogging**
15:55 in the pool (ground floor)
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- 15:30 - **Herbal hike with workshop**
17:30 meeting at the entrance
Registration at the medical reception please.
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- 16:30 - **Awareness through movement - introduction to the Feldenkrais method in German**
17:30 in the gym (basement)
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- 17:30 - **Evening group walk with guide**
17:55 meeting at the entrance
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- 17:45 - **Aufguss session in the Sauna with Elmar**
18:15 Proper sauna with peeling, infusion, cooling, rest and drink
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- 19:30 - **"Sweet sleep"**
20:30 lecture by Dr. Melanie Robertson
in the conference room (ground floor) (German & English)
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- 19:30 - **Tyrolean State theatre "The Rocky Horror Show" (music theatre&play)**
21:50 meeting at the entrance, departure at 06:45 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.
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- 20:00 - **Tyrolean State theatre "Zarah 47. Das totale Lied" (music theatre)**
21:45 meeting at the entrance, departure at 07:15 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.
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Thursday, February 12, 2026

06:45	Drinking bitter water
07:20 - 07:50	Morning group walk with guide meeting at the entrance
07:30 - 11:30	Hydrotherapy treatments (Kneipp Circuit) in our medical dept. 1st floor
08:00 - 08:25	Morning workout & mobilisation in the gym (basement)
08:30 - 08:55	Knee stabilisation in the water in the pool (ground floor)
09:45 - 10:15	Supervised swimming with technique tips in the pool (ground floor)
10:40 - 11:20	Sporty walk in the park with ideal exercises for your spa stay meeting at the main entrance
13:00 - 13:50	Motivation & Drive in health and other areas of life in English with Gerald Autengruber, MSc BSc in the meeting room (ground floor)
13:30 - 13:55	Golf - Putting & Chipping in the gym (basement)
14:00 - 14:50	Forest walk for advanced walkers meeting at the entrance
15:00 - 15:25	Aqua Jogging in the pool (ground floor)
15:35 - 16:25	Fitnessboxing in the gym (basement) max. 6 participants
15:45 - 16:15	Aufguss session in the Sauna with Timna Sandbichler Proper sauna with peeling, infusion, cooling, rest and drink
16:30 - 16:55	Evening group walk with guide meeting at the entrance
17:00 - 19:00	Exhibition of Swiss pine pillows - Angelika Hofer in the lobby
19:30 - 20:30	Life starts with 75. lecture by Dr. Richard Kogelnig in the conference room (German & English)
19:30 - 22:10	Tyrolean State theatre "Heldenplatz" (play) meeting at the entrance, departure at 06:45 p.m., Introduction at 07:10 p.m. Registration till 10:00 a.m. on the previous day at the hotel reception please.
20:00 - 21:50	Tyrolean State theatre "Sein oder Nichtsein" (play) meeting at the entrance, departure at 07:15 p.m. Registration till 10:00 a.m. on the previous day at the hotel reception please.

Friday, February 13, 2026

- 06:45** **Drinking bitter water**
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- 07:20 -** **Morning group walk with guide**
07:50 meeting at the entrance
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- 07:30 -** **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
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- 08:00 -** **Morning workout & mobilisation**
08:25 in the gym (basement)
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- 08:30 -** **Strengthening the hip muscles**
08:55 in the pool (ground floor)
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- 09:00 -** **Mindfulness - Presence in the Here and Now** in English with **Dr. Melanie Robertson**
09:50 in the meeting room (ground floor)
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- 09:40 -** **Pilates in English**
10:20 in the gym (basement)
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- 11:00 -** **Assistance to our guests**
11:50 in the fitness room (3rd floor)
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- 12:45 -** **Table Tennis - Flexibility, Coordination & Fun!**
13:10 in the gym (basement)
max. 4 participants
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- 13:15 -** **HIIT - High Intensity Interval Training**
13:50 Good physical fitness required!
in the fitness room (3rd floor)
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- 14:00 -** **Hike to the Mountain Hut Stöttlalm in Mieming with Beatrix**
17:30 meeting at the entrance
Followed by a drive by our shuttle bus to Mieming, sturdy shoes are recommended.
Registration till 10:00 a.m. at the hotel reception please (min. 3 & max. 7 participants).
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- 14:30 -** **Stability ball training**
14:55 in the gym (basement)
max. 6 participants
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- 15:05 -** **Easygoing Yoga**
15:55 in the gym (basement)
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- 16:00 -** **Aqua Jogging**
16:25 in the pool (ground floor)
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- 16:30 -** **Into the weekend walk**
17:20 meeting at the entrance
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- 19:00** **Piano evening with Martin Lerchster**
in the lounge
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- 20:00 -** **Tyrolean State theatre "Sein oder Nichtsein" (play)**
21:50 meeting at the entrance, departure at 07:15 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.
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Saturday, February 14, 2026

06:45 **Drinking bitter water**

08:30 - **Morning workout & mobilisation**
08:55 in the gym (basement)

08:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor

09:00 - **Aroha (R) / Kaha (R)**
09:45 in the gym (basement)

10:10 - **Healthy back - easy but efficient exercises for a strong spine**
10:40 in the gym (basement)

11:00 - **Aqua fit**
11:25 in the pool (ground floor)

13:00 - **Balance exercises**
13:30 in the fitness room (3rd floor)

13:40 - **Nordic walking**
14:30 meeting at the entrance

14:00 - **Trip to The Wildmoosalm in Seefeld/Tyrol with Beatrix**
17:00 meeting at the entrance
Followed by a short drive by our shuttle bus to Seefeld, sturdy shoes are recommended.
Registration till 10:00 a.m. at the hotel reception please (min. 3 & max. 7 participants).

19:00 **OPENING NIGHT Tyrolean State theatre "Idomeneo" (music theatre)**
meeting at the entrance, departure at 06:15 p.m., Introduction at 06:40 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.

19:30 - **Tyrolean State theatre "Sein oder Nichtsein" (play)**
21:20 meeting at the entrance, departure at 06:45 p.m.
Registration till 10:00 a.m. on the previous day at the hotel reception please.

Sunday, February 15, 2026

06:45 **Drinking bitter water**

08:30 - Morning workout & mobilisation
08:55 in the gym (basement)

08:30 - Hydrotherapy treatments (Kneipp Circuit)
11:30 in our medical dept. 1st floor

09:00 - Healthy neck - exercises for a strong and mobile cervical spine
09:30 in the gym (basement)

09:45 - Slingtraining (TRX training) - muscular deep stabilisation
10:15 in the gym (basement)
Registration at the medical reception please (max. 3 participants).

10:25 - Strong shoulders - strengthening & stabilising exercises
10:50 in the fitness room (3rd floor)

11:00 - Joint mobilisation in the water
11:25 in the pool (ground floor)

13:15 - Thera-Band training
13:45 in the fitness room (3rd floor)

14:00 - Walk in the Ullwald and the Lanser Plateau
15:45 meeting at the entrance
Sturdy shoes and water-/weather-proof clothing is recommended.

17:30 **Welcome cocktail followed by a brief explanation of the first therapy day**
meeting at the tea bar / at the fireplace
