OUR SPORTS PROGRAMME IN WINTER

All our activities are very popular and have a limited number of participants, which is why we recommend an early registration.
Subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00			Alpine Morning Flow 60 minutes	Mountain Power Flow 60 minutes	Alpine Morning Flow 60 minutes		Alpine Morning Flow 60 minutes
08.30						Stretch & Relax 60 minutes	
12.00			Mountain Power Flow 60 minutes	Stretch & Relax 60 minutes			
16.30				Breathe deeply 25 minutes	Mindful Meditation 60 minutes		
17.30		Alpine Reset – Yoga & Stretch 60 minutes	Alpine Yin Yoga 60 minutes		Yin & Sound 60 minutes	Alpine Soundbath 60 minutes	

VALSANA
Hotel Arosa

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Alpine Morning Flow	Wake up, stretch out, get moving. Gentle yoga flows and mobility exercises ease the body into the day, while mindful breathing helps set the pace. Ready for the mountains.
Mountain Power Flow	A little more power, a lot more flow. Strong yoga poses and dynamic sequences challenge the muscles, build stability and get the whole body moving. Just the right amount of effort.
Stretch & Relax	Stiff muscles? Time to loosen up. Targeted stretches work through the whole body, improve flexibility and ease tension. Just what's needed after a day in the mountains.
Breathe deeply	Back to basics. Guided breathing exercises explore different techniques to slow the breath, sharpen focus and settle the mind. Sometimes a reset starts with a single breath.
Yin & Sound	Slow stretches, good vibrations. Long-held Yin Yoga poses gently work on flexibility, while the sounds of different instruments set the pace. A little less doing, a little more feeling.
Mindful Meditation	Less noise, more headspace. Guided meditation brings attention to the breath, body and present moment, helping to quiet busy thoughts. No need to do anything, just be.
Alpine Reset - Yoga & Stretch	Time for a full-body reset. Gentle yoga flows and targeted stretches get stiff joints moving, loosen tight muscles and improve mobility. Ready to move freely again.
Alpine Yin Yoga	Less movement, more depth. Gentle stretches and long-held yoga poses give the body time to release tension, while mindful breathing helps slow things down. No rush, no pressure.
Alpine Soundbath	No poses, no movement, just sound. Lie back and let the tones and vibrations of different instruments take over. A chance to switch off the noise and reset.