

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
07.30 - 08.30			Morning Yoga Flow	Yoga Routine		Morning Yoga Flow	Balance Yoga Flow
09.00 - 10.00					Walking Meditation		
16.00 - 17.00		Walking Meditation					
17.00 - 18.00			Slow Flow	Sunset Yoga Flow	Slow Flow	Sunset Yoga Flow	

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Morning Yoga Flow

This morning yoga class will get your body moving and your energy flowing! Dynamic movements gently wake you up and mobilise your body. With a strong stance, upright posture, and mindful movements, you'll energize yourself—all in a smooth flow.

Yoga Routine

Discover new habits with this yoga routine. Sequences like the Sun and Moon Salutations help bring the body into a healthy balance. Practiced in the morning, yoga boosts your energy and gently awakens your body's dormant strength. Movements and breathing exercises build stamina, strength, and flexibility in equal measure.

Walking Meditation

Mindful walking brings you closer to yourself, step by step, allowing you to fully experience the beauty of Arosa's nature in the present moment. This practice promotes a deep awareness of your body and surroundings, engaging all your senses.

Balance Yoga Flow

Balancing movements, harmonized with the breath, help bring your body into its natural equilibrium. This slow, meditative yoga practice combines deep breathing with yoga asanas to stretch and strengthen the body in equal measure.

Sunset Yoga Flow

Flowing, harmonious movements for the whole body are combined in a calming and relaxing yoga flow, all connected through the rhythm of your breath. By aligning body, mind, and soul, this flow contributes to your overall well-being.

Slow Flow

Through slow movements, deep breathing, and extended postures, you release tension and find deep relaxation. Inspired by Yin Yoga, this practice promotes flexibility and the regeneration of body, mind, and soul. It enhances body awareness, reduces stress, and improves mobility and joint health.