

OUR SPORTS PROGRAMME IN SUMMER

All our activities are very popular and have a limited number of participants, which is why we recommend an early registration. Subject to change. We also offer private lessons on request.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 – 09.00			Alpine Hatha Yoga	Alpine Hatha Yoga	Mountain Power Flow	Balance Flow	Alpine Hatha Yoga
12.00 – 13.00			Mountain Power Flow		Balance Flow		
16.30 – 17.30				Forest & Mountain Meditation *			
17.30 – 18.30		Alpine Hatha Yoga	Balance Flow		Alpine Yin Yoga	Balance Flow	Alpine Yin Yoga

OUR SPORTS PROGRAMME IN SUMMER

Alpine Hatha Yoga

A balanced yoga class combining energising, dynamic flows with calming, restorative moments. Martina adapts each session to the group and individual needs, creating a practice that enhances mobility, balance, and overall wellbeing. Perfect for anyone looking to enjoy yoga as a mindful escape while moving with awareness.

Alpine Yin Yoga

A slow, meditative yoga practice featuring a small number of poses held for longer periods. Gentle stretches, conscious breathing, and mindful relaxation help release tension, improve flexibility, and encourage deep rest. Ideal in the evening or after an active day in the mountains, when body and mind are ready to unwind and restore.

Balance Flow

Where yoga meets Pilates. Flowing movements, mindful stretching, and core strengthening (your 'powerhouse') come together in a balanced full-body practice. Build strength and stability, improve flexibility, and restore your energy – all in one session. Ideal for those who want to feel stronger, more mobile, and deeply refreshed.

Forest & Mountain Meditation

Experience mindfulness surrounded by nature. This guided walking meditation invites you to slow down, clear your mind, and reconnect with the natural world. Inspired by the principles of 'forest bathing', you'll experience mindful walking, conscious breathing, and moments of stillness, allowing the nervous system to calm down. In case of rain, the session moves indoors and includes walking meditation as well as seated and lying meditation practices.

Mountain Power Flow

A dynamic yoga practice that combines strength, flexibility, and mental clarity. Through mindful breathing and energising flows, you'll strengthen your muscles, improve stability, and reconnect with your inner balance while calming the mind. Ideal if you're looking to challenge your body, release tension, and recharge with fresh energy.