

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.

For reservations, please register at our Spa Reception by 18.00 h the day before.

Subject to change.

⚡ For activities that follow our „Moving Mountains“ philosophy, look for the following symbol.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:15	Morning Yoga Flow 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡	Yoga Flow Intensive 45 minutes ⚡	Aqua Vitality 30 minutes		Aqua Vitality 30 minutes
09:00					Yoga Flow Intensive 45 minutes ⚡	Morning Yoga Flow 60 minutes ⚡	Yoga Flow Intensive 45 minutes ⚡
09:30		Workout after Matt Gleed 30 minutes ⚡					
10:15				Balance Flow 45 minutes ⚡			
17:00	Sunset Yoga Flow 45 minutes ⚡		Yoga Flow Intensive 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Yoga Flow Intensive 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡
18:00	Faceyoga Refresh & Relax 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡			Stretch & Relax 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	

Our sauna infusions in the Bergsauna

Sound infusion:
Daily at 17.00 h

Mint-spruce-lavender infusion:
Daily at 18.00 h

Herbal infusion:
Daily at 19.00 h

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Aqua Vitality

Water gymnastics

Morning Yoga Flow

Vinyasa-style yoga featuring breathwork (Pranayama), yoga asanas, and deep relaxation (Yoga Nidra). A great way to start the day feeling energised

Sunset Yoga Flow

A calming yoga flow at sunset. Includes breathwork, gentle asanas, and Yoga Nidra for deep relaxation

Yoga Flow Intensive

A powerful & dynamic yoga sequence that challenges and stimulates body and mind in equal measure. In this intensive flow, we fluidly combine powerful asanas (postures) with your breath to create a continuous, energetic unit.

Face Yoga Refresh & Relax

Targeted exercises to strengthen and relax the muscles of the face and neck. This gentle yet effective practice stimulates circulation, leaving you feeling refreshed, with a rejuvenated appearance

Balance Flow

A health-orientated practice combining yoga asanas to stretch and strengthen the body, improving stability and flexibility

Workout nach Matt Gleed

A full-body workout inspired by Matt Gleed, using bodyweight exercises, dumbbells, balls, resistance bands, and TRX

Stretch & Relax

The perfect complement after an intense workout. Gentle stretching exercises and breathing techniques help to release muscle tension, allowing body and mind to unwind.