

Our Sports Program in summer

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 o'clock 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
08:30	Aqua Fit 45 minutes	Morning Yoga – Yin 60 minutes	Morning Yoga Flow 60 minutes	Morning Yoga Flow 60 minutes	Stretch & Relax 30 minutes	Morning Yoga Flow 60 minutes	Aqua Fit 45 minutes
09:15					Yoga & Meditation on Monte Verita followed by tea time in the tea house.		
10:00		Balance Flow 45 minutes	Stretch & Relax 45 minutes	Stretch & Relax 45 minutes		Stretch & Relax 45 minutes	
15:00					Aqua Fit 45 minutes		
16:00		Stretch & Relax 45 minutes	Kids yoga 45 minutes	Kids yoga 45 minutes		Kids yoga 45 minutes	
17:00		Pranajama & Meditation 45 minutes	Sunset Yoga Flow 45 minutes	Balance Flow – Mindfulness training 45 minutes	Pranajama & Meditation 45 minutes	Sunset Yoga – Yin 45 minutes	

Our Sports Program in summer

Morning Yoga

Immerse yourself in a holistic yoga practice that promotes your health health and strengthens specific areas of the body. strengthens specific areas of the body. This method aligns muscles and fascia in such a way muscles and fasciae so that the strain on your joints is reduced to prevent pain in the long term. The result: An upright posture and feelings of happiness that arise from the focus on the present moment. This yoga class is suitable for both beginners and advanced advanced practitioners.

Yoga sun salutations

The sun salutation is one of the best-known flowing yoga yoga sequences, which consists of 12 yoga poses. The exercises are traditionally orientated towards the sun. The movements are combined with breathing. Stamina, strength and flexibility are addressed in equal measure. Performed regularly, it expands the breathing spaces and increases the breathing volume.

Balance Flow

A health-orientated workout with yoga asanas to stretch and strengthen the body.

Pranajama & Meditation

Pranajama and meditation according to seasons or situations.

Yin Yoga

Deep breathing, gentle meditation and long held positions positions help you to achieve deep relaxation. Learn to let go mentally and muscularly. Supporting the yoga positions with aids is part of the programme programme here, as is the gentle stretching of the fasciae. fasciae. Influenced by traditional Chinese medicine Yin Yoga promotes flexibility and enables deep regeneration regeneration of body, mind and soul.

Stretching

Experience stretching in combination with gentle mobility, exercises and stretches to improve mobility in the joints. Hold the stretches for at least for at least 30 seconds and relax your body and relax the body and mind through conscious, slow breathing. Stretching releases tension, reduces stress and reduced and your body awareness increased - a harmonious a harmonious experience on your holiday between mountains ergy and water.

Meditation

Experience the rejuvenating effect of METTA meditation, a well-known Buddhist practice. In these 20 minutes, you will focus your attention inwards and promote a benevolent attitude towards yourself yourself and others. This meditation strengthens the connection to your feelings, thoughts and actions. Clinical studies show that regular meditation not only has a rejuvenating rejuvenating, but also life-prolonging.

Kids yoga

In children's yoga stories, yoga poses are combined with exciting stories that teach children values such as friendship, trust and courage. They accompany the protagonist of the story through exciting exciting adventures and can contribute their own ideas. The unit concludes with a final relaxation. After the children's yoga session, the children are invited to colour in their experiences and talk about their thoughts and feelings and feelings about the story.