

# Our MOVE program 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 o'clock the day before.  
Subject to change.

## Our sauna infusions in the Bergsauna

**Aroma infusion:**  
Daily at 17.00 o'clock

**Swiss pine relaxation infusion:**  
Daily at 18.00 o'clock

**Sound bowl infusion:**  
Daily at 19.00 o'clock

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
07:45	<b>Morning Yoga Flow</b> 60 minutes 			<b>Morning Yoga Flow</b> 60 minutes 	<b>Morning Yoga Flow</b> 60 minutes 	<b>Morning Yoga Flow</b> 60 minutes 	
08:15		<b>Aqua Fit</b> 30 minutes	<b>Aqua Fit</b> 30 minutes		<b>Aqua Fit</b> 30 minutes		<b>Aqua Fit</b> 30 minutes
09:15					<b>Workout after Matt Gleed</b> 30 minutes 	<b>Balance Flow</b> 60 minutes	<b>Pranajama &amp; Yoga Flow</b> 60 minutes 
10:30		<b>Workout after Matt Gleed</b> 30 minutes 		<b>Workout after Matt Gleed</b> 30 minutes 		<b>Workout after Matt Gleed</b> 30 minutes 	
11:00						<b>Family Yoga</b> 90 minutes	
17:15	<b>Yoga Flow &amp; Meditation</b> 60 minutes 	<b>Balance Flow</b> 45 minutes	<b>Balance Flow</b> 45 minutes	<b>Sunset Yoga Flow</b> 60 minutes 	<b>Sunset Yoga Flow Achillea</b> 60 minutes 	<b>Sunset Yoga Flow</b> 60 minutes 	<b>Sunset Yoga Flow Achillea</b> 60 minutes 
18:00	<b>Full moon yoga &amp; meditation</b> 90 minutes 25.03.24 		<b>Full moon yoga &amp; meditation</b> 90 minutes 27.12.23 	<b>Full moon yoga &amp; meditation</b> 90 minutes 25.01.24 		<b>Full moon yoga &amp; meditation</b> 90 minutes 24.02.24 	

For activities that follow our Moving Mountains philosophy, look for the following symbol:

