

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
08:00		Morning Yoga 60 minutes ⚡	Morning Yoga 60 minutes ⚡	Yoga sun salutations 60 minutes ⚡	Morning Yoga 60 minutes ⚡	Morning Yoga 60 minutes ⚡	
08:30	Aquagym 45minutes						Aquagym 45 minutes
09:15			Therapeutic elements: Knee and hip 60 minutes ⚡		Therapeutic elements: Back 60 minutes ⚡	Therapeutic elements: Shoulders 30 minutes ⚡	
10:00				Meditative hike 90 minutes ⚡		Meditative hike 90 minutes ⚡	
11:30			Kids yoga story: Butterfly 30 minutes ⚡		Kids yoga story: Egypt 30 minutes ⚡		
15:00					Aquagym 45 minutes		
16:30		Stretching 30 minutes ⚡	Yin Yoga 30 minutes ⚡	Stretching 30 minutes ⚡	Yin Yoga 30 minutes ⚡	Stretching 30 minutes ⚡	
17:15		Body Scan 30 minutes ⚡		Body Scan 30 minutes ⚡			
18:00		Metta Meditation 30 minutes ⚡	Meditation 30 minutes ⚡	Metta Meditation 30 minutes ⚡		Meditation 30 minutes ⚡	

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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 fascia 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.

Body Scan

Relax with the MBSR body scan, a popular relaxation popular relaxation exercise from the mindfulness-based based stress reduction programme by Jon Kabat-Zinn. Allow your attention to wander mindfully through each area of the body and observe your body sensations body sensations consciously and non-judgementally. This practice has been proven to reduce stress when practised regularly and helps you to act consciously in everyday life.

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 fascia. fascia. 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.