

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			Nature Balance Walk	Morning Yoga Flow		Morning Yoga Flow	Yoga Routine
15.30 - 16.30					Eisbach- kneippen		
17.00 - 18.00		Slow Flow Yoga	Sunset Yoga Flow		Sunset Yoga Flow	Balance Yoga Flow	

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Morning Yoga Flow

This morning yoga class will get your body moving and your energy flowing! Dynamic movements gently wake you up and mobilise your body. With a strong stance, upright posture, and mindful movements, you'll energize yourself—all in a smooth flow.

Yoga Routine

Discover new habits with this yoga routine. Sequences like the Sun and Moon Salutations help bring the body into a healthy balance. Practiced in the morning, yoga boosts your energy and gently awakens your body's dormant strength. Movements and breathing exercises build stamina, strength, and flexibility in equal measure.

Balance Yoga Flow

Balancing movements, harmonized with the breath, help bring your body into its natural equilibrium. This slow, meditative yoga practice combines deep breathing with yoga asanas to stretch and strengthen the body in equal measure.

Sunset Yoga Flow

Flowing, harmonious movements for the whole body are combined in a calming and relaxing yoga flow, all connected through the rhythm of your breath. By aligning body, mind, and soul, this flow contributes to your overall well-being.

Slow Flow Yoga

Through slow movements, deep breathing, and extended postures, you release tension and find deep relaxation. Inspired by Yin Yoga, this practice promotes flexibility and the regeneration of body, mind, and soul. It enhances body awareness, reduces stress, and improves mobility and joint health.