

# Our Move 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 further information and bookings, please contact the SPA Reception.

## Our sauna infusions in the Bergoase

**Aroma infusion Bergsauna:**  
Daily at 18.00 o'clock

**Peeling steam bath:**  
Daily at 18.30 o'clock

**Sound bowl infusion Bergsauna:**  
Fri - Sun at 19.00 o'clock

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00							Sunrise hike with the Outdoor Butler
08:15	Morning Yoga Flow 60 minutes 	Workout after Matt Gleed & Stretch 45 minutes 	Aqua Fit 30 minutes	Morning Yoga Flow 60 minutes 	Aqua Fit 30 minutes	Morning Yoga Flow 60 minutes 	Aqua Fit 30 minutes
09:30					SUP Yoga at the Untersee 	Balance Flow 60 minutes	Yoga & Meditation at the Bergkirchli/Tschuggen Platform 
17:15	Outdoor Workout after Matt Gleed 45 minutes 		Yoga Routine 30 minutes	Pranajama & Meditation 45 minutes	Balance Flow 60 minutes	Workout after Matt Gleed & Stretch 45 minutes 	Balance Routine 30 minutes

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

