

Our Sports Programme 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 h 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
08:15	Morning Yoga Flow 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡	Yoga Flow Intensive 45 minutes ⚡	Aqua Vitality 30 minutes	Morning Yoga Flow 60 minutes ⚡	Aqua Vitality 30 minutes
09:15	Move Better 30 minutes	Meet the Reformer – Introduction 30 minutes	Reformer Group Training 50 minutes	Move Better 30 minutes	Yoga Flow Intensive 45 minutes ⚡	Reformer Group Training 50 minutes ⚡	Yoga Flow Intensive 45 minutes ⚡
09:30					Reformer Group Training 50 minutes ⚡		
10:15		Balance Flow 45 minutes ⚡					
17:00	Sunset Yoga Flow 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Workout after Matt Gleed 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡ Move Better 30 minutes	Sunset Yoga Flow 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡
17:30			Meet the Reformer – Introduction 30 minutes	Reformer Group Training 50 minutes	Meet the Reformer – Introduction 30 minutes	Meet the Reformer – Introduction 30 minutes	
18:00		Guided Breathwork 60 minutes	Sunset Yoga Flow 45 minutes ⚡		Guided Breathwork 60 minutes	Stretch & Relax 30 minutes ⚡ Move Better 30 minutes	Reformer Group Training 50 minutes
18:30							Move Better 30 minutes

Our sauna infusions in the Bergsauna

Revitalising aroma infusion
Daily at 17.00 h

Moving Mountains sauna ritual
Daily at 18.00 h

Mountain-Herbal Relax
Daily at 19.00 h

Our Sports Programme in winter

Aqua Vitality

Water gymnastics

Balance Flow

A health-orientated practice combining yoga asanas to stretch and strengthen the body, improving stability and flexibility.

Guided Breathwork

A breathwork programme designed to enhance energy, recovery and mental clarity. Modern longevity insights combine with a deeper breathwork experience, while a guided breathing journey creates space to let go, reconnect and restore a sense of balance.

Meet the Reformer

An introduction to Reformer training. Key principles, equipment set-up and first movements create the foundation for safe, mindful and effective training.

This introductory session can be booked for CHF 35.

Morning Yoga Flow

Yoga Flow, Vinyasa Style. Included are Pranayama breathing exercises, Yoga Sana, Yoga Nidra.

Move Better

A introduction to Technogym equipment, with guidance on settings and movement patterns – creating the foundation for safe, balanced and effective training.

Reformer Group Training

The six classical Pilates principles – breathing, concentration, control, centring, precision and flow – form the foundation of this holistic workout, helping to build strength, improve posture and enhance mobility.

Participation requires prior completion of “Meet the Reformer” or a personal training session.

Stretch & Relax

Professional stretching with a short relaxation session. Perfect after a day of skiing or hiking.

Sunset Yoga Flow

Yoga Flow, calm yoga style. Includes pranayama, Yoga Sana, Yoga Nidra.

Workout by Matt Gleed & Stretch

Workout after Matt Gleed with body weight, dumbbells, balls, Theraband, TRX (sling).

Yoga Flow

A dynamic yoga flow that merges breathing and movement, like a meditation in motion.

Yoga Flow Intensive

A powerful & dynamic yoga sequence that challenges and stimulates body and mind in equal measure. In this intensive flow, we fluidly combine powerful asanas (postures) with your breath to create a continuous, energetic unit.