

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
08:00				Men’s Yoga 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡		
08:15	Morning Yoga Flow 45 minutes ⚡	Morning Yoga Flow 45 minutes ⚡	Aqua Fit 30 minutes		Aqua Fit 30 minutes	Morning Yoga Flow 45 minutes ⚡	
09:15						Faceyoga Refresh & Relax 30 minutes ⚡	Snow Yoga 45 minutes ⚡
10:15		Snow Yoga 45 minutes ⚡		Balance Flow 60 minutes ⚡			
17:00	Sunset Yoga Flow 45 minutes ⚡	Workout after Matt Gleed 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡		Sunset Yoga Flow 45 minutes ⚡	Men’s Yoga 45 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡
18:00	Faceyoga Refresh & Relax 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Stretch and Relax 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	Stretch and Relax 30 minutes ⚡	Sunset Yoga Flow 45 minutes ⚡	

Our sauna infusions in the Bergsauna

Alpine rose infusion:
Daily at 17.00 h

Mint-spruce-lavender infusion:
Daily at 18.00 h

Birch infusion:
Daily at 19.00 h

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Aqua Fit	Water-based exercise using various tools and music – perfect for building strength and improving flexibility
Morning Yoga Flow	Vinyasa-style yoga featuring breathwork (Pranayama), yoga asanas, and deep relaxation (Yoga Nidra). A great way to start the day feeling energised
Sunset Yoga Flow	A calming yoga flow at sunset. Includes breathwork, gentle asanas, and Yoga Nidra for deep relaxation
Snow Yoga	Gentle outdoor yoga flow with standing movements. Please ensure you wear appropriate clothing for the weather
Men's Yoga	A powerful yoga flow tailored specifically to the needs of men. This dynamic style enhances strength, endurance, and flexibility

Face Yoga Refresh & Relax	Targeted exercises to strengthen and relax the muscles of the face and neck. This gentle yet effective practice stimulates circulation, leaving you feeling refreshed, with a rejuvenated appearance
Balance Flow	A health-orientated practice combining yoga asanas to stretch and strengthen the body, improving stability and flexibility
Workout nach Matt Gleed	A full-body workout inspired by Matt Gleed, using bodyweight exercises, dumbbells, balls, resistance bands, and TRX
Stretch & Relax	The perfect complement after an intense workout. Gentle stretching exercises and breathing techniques help to release muscle tension, allowing body and mind to unwind.