

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.

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 Flow 45 minutes ⌵			
08:15	Morning Yoga Flow 45 minutes ⌵		Morning Yoga Flow 45 minutes ⌵		Aqua Vitality 30 minutes	Stretch & Relax 30 minutes ⌵	Morning Yoga Flow 45 minutes ⌵
09:00					Yoga Flow on the Tschuggen platform 60 minutes ⌵	Yoga Flow on the Tschuggen platform 60 minutes ⌵	
17:00	Sunset Yoga Flow 45 minutes ⌵	Workout by Matt Gleed & Stretch 45 minutes ⌵	Sunset Yoga Flow 45 minutes ⌵				Sunset Yoga Flow on the Tschuggen platform 60 minutes ⌵
18:00		Yoga Flow Intensive 45 minutes ⌵		Stretch & Relax 30 minutes ⌵	Sunset Yoga Flow 45 minutes ⌵	Yoga Flow Intensive 45 minutes ⌵	
21:00				Yoga & Meditation under Stars ⌵			

Our sauna infusions in the Bergsauna

Aroma infusion:
Daily at 18.00 o'clock

Sound infusion:
Daily at 19.00 o'clock

Yoga on the terrace:
All yoga classes take place on the fitness terrace, depending on the weather.

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Morning Yoga Flow	Yoga Flow, Vinyasa Style. Included are Pranayama breathing exercises, Yoga Sana, Yoga Nidra
Yoga Flow	A dynamic yoga flow that merges breathing and movement, like a meditation in motion.
Sunset Yoga Flow	Yoga Flow, calm yoga style. Includes pranayama, Yoga Sana, Yoga Nidra
Sunset Yoga Flow on the Tschuggen platform	Yoga Flow, Vinyasa Style or calmer with meditation or fantasy journey at the end
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.

Yoga & Meditation under Stars	Relaxed yoga sequence later in the evening with a meditation or fantasy retreat at the end.
Stretch & Relax	Professional stretching with a short relaxation session. Perfect after a day of hiking or biking.
Workout by Matt Gleed & Stretch	Workout after Matt Gleed with body weight, dumbbells, balls, Theraband, TRX (sling)
Aqua Vitality	Water gymnastics