

Our sport activities in winter

All our activities in the weekly programme are very popular and have a limited number of participants.

To guarantee your place, we recommend that you register in advance at the Spa Reception.

Weekly Plan

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
09:00	Grounding Basic Yoga 60 minutes	Vinyasa Morning Flow 60 minutes	Ying Yang Yoga 60 minutes	Vinyasa Morning Flow 60 minutes	Magic Morning Yoga 60 minutes
10:15	Pilates 60 minutes	Moving Mountains Workout 30 minutes	Pilates with a small Ball 60 minutes	Moving Mountains Workout 30 minutes	Pilates 60 minutes
17:00	Gentle Yoga 60 minutes	Ying Yang Yoga 60 minutes	Restorative Yoga & Guided Meditation 60 minutes	Ying Yang Yoga 60 minutes	Sankalpa Yoga Nidra 40 minutes
18:15					



CARLTON HOTEL
ST. MORITZ