

### Saunaritual Imbolc – 15 Min

A time of awakening of nature and spirit, of listening to the inner voice. A powerful poem, 2 soft infusions with fan technique.

### Saunaritual Beltane – 15 Min

Rediscover the fullness of life. Meditation, 3 soft-to-medium-strength infusions with fan and towel technique.

### Saunaritual Lughnasadh – 15 Min

Withdraw, rest, time to think. The sound of the forest, 4 medium- to strong infusions with towel technique.

### Saunaritual Samhain – 15 Min

The power of silence, liberation from all thoughts. The drums of the night, 5 soft-to strong infusions with towel technique.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07.00								
	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	
08.00	Wyda	Wyda	Wyda	Wyda	Wyda	Wyda	Wyda	
09.00								
10.00	Geführte Guided Hiking Tour*  (Uncle Herbert) Meetingpoint: Reception	Inner Balance	Wyda Wanderung* Guided Wyda Tour* Escursione Wyda*  Meetingpoint: Reception		Inner Balance	Wyda Guided Wyda Tour*  Meetingpoint: Reception		
11.00								
12.00								
13.00				Tasting with Peter* €45 Meetingpoint: Reception		Forest cuisine with Roland* €45 Meetingpoint: Reception		
14.00								
15.00								
16.00							Imbolc	
17.00	Imbolc	Beltane	Imbolc	Beltane	Imbolc	Beltane	Lugnashadh	
18.00	Lugnashadh	Samhain	Lugnashadh	Samhain	Lugnashadh	Samhain	Management Cocktail at the Bar	
19.00	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation		
20.00								

\* Anmeldung am Vorabend bis 19 Uhr

\* Please register until 7 pm the day before

\* Vi preghiamo di registrarvi entro le 19 del giorno prima

Privatstunden mit Personal Trainer auf Anfrage.

Personal trainer lessons are available on request.

Lezioni con il nostro personal trainer sono disponibili su richiesta.

Wyda / Inner Balance / Meditation > Wyda Room

Saunarituals > 90°C Sauna

Guided Tours / Tastings > Meetingpoint Reception