MONDAY

Kids Club
9.00 – 21.00

Jivamukti Yoga Basic* Anett Reibig
9.00 – 10.00 | Badehaus

Tennis Round-Robin*
10.00 – 12.00 | Tennis Platz Nr. 3 *Tennis court No. 3*

Gym Sven — **Instruction*** Lohschmidt
13.30 – 14.00 | Gym Hideaway

Gym Sven — **Instruction*** Lohschmidt
14.00 – 14.30 | Gym Retreat

CrossFit*
Levente Kapéri
14.45 – 15.30 | Gym Retreat

Jivamukti Yoga Open* Anett Reibig
16.00 – 17.00 | Badehaus

Bergtour Einweisung *Hiking Tour Instruction*
Hermann Glatz
18.00 – 18.30 | Al Camino Bar

LIVE MUSIK *LIVE MUSIC* **Andreas Feith** piano
21.00 – 23.00 | Al Camino Bar

TUESDAY

Geführte Bergtour* *Hiking tour** Hermann Glatz Destination: Grünkopf 8.30 – 16.00 | Start: Lobby Hideaway

Kids Club
9.00 – 21.00

Jivamukti Yoga Basic* Anett Reibig
9.00 – 10.00 | Badehaus

Qigong*
Corinna Gath
11.00 – 12.00 | Badehaus

Gym Sven — **Instruction*** Lohschmidt
13.30 – 14.00 | Gym Hideaway

Gym Sven — **Instruction*** Lohschmidt
14.00 – 14.30 | Gym Retreat

CrossFit*
Levente Kapéri
14.45 – 15.30 | Gym Retreat

Jivamukti Yoga Open* Anett Reibig
16.00 – 17.00 | Badehaus

LIVE MUSIK *LIVE MUSIC* **Andreas Feith** piano
21.00 – 23.00 | Al Camino Bar

WEDNESDAY

Kids Club
9.00 – 21.00

Jivamukti Yoga Basic* Anett Reibig
9.00 – 10.00 | Badehaus

Tennis Round-Robin*
10.00 – 12.00 | Tennis Platz Nr. 3 *Tennis court No. 3*

Gym Sven — **Instruction*** Lohschmidt
13.30 – 14.00 | Gym Hideaway

Gym Sven — **Instruction*** Lohschmidt
14.00 – 14.30 | Gym Retreat

CrossFit*
Levente Kapéri
14.45 – 15.30 | Gym Retreat

Jivamukti Yoga Open* Anett Reibig
16.00 – 17.00 | Badehaus

JAZZ-KONZERT** *CONCERT*** **Tim Allhoff** piano
„Sixteen Pieces for Piano“ 20.30 – 21.30 | Fidelio

Ausgebucht/Warteliste *Fully booked/ waiting list*

THURSDAY

Kids Club
9.00 – 12.00

Jivamukti Yoga Basic* Anett Reibig
9.00 – 10.00 | Badehaus

RESTAURANTS

Bitte beachten Sie, dass der Tisch nur zu den jeweils reservierten Slots zur Verfügung steht. Um pünktliches Erscheinen wird daher gebeten.

Please note that tables are only available during the reserved slots. We kindly ask you to be punctual.

FRÜHSTÜCK *BREAKFAST*

La Salle Hideaway
Slots:
8.30 – 9.15
9.30 – 10.15
10.30 – 11.15

Ananda Badehaus (ab 16 Jahren)
(from age 16)
Slots:
9.00 – 12.00
Ohne Reservierung
First come first serve

Tutto Mondo | Summit Retreat
Slots:
8.30 – 9.15
9.30 – 10.15
10.30 – 11.15

LUNCH UND GRAB & GO

Ananda Badehaus
12.00 – 16.00

La Salle Hideaway
12.30 – 14.00

Tutto Mondo Retreat
12.30 – 14.00

Tea Lounge Hideaway
14.00 – 17.00

Library Lounge Retreat
14.00 – 17.00

Nature Spa
12.00 – 17.00 wetterabhängig
weather permitting

Elmauer Alm
Diese Woche geschlossen
Closed this week

DINNER

La Salle Hideaway
Slots:
18.00 – 19.50 & 20.00 – 21.50

Fidelio Hideaway
Diese Woche geschlossen
Closed this week

Tutto Mondo | Summit | Ganesha
Retreat
Slots:
18.00 – 19.50 & 20.00 – 21.50

Luce d'Oro ** Hideaway
Diese Woche geschlossen
Closed this week

Tischreservierung Hospitality Desk
Table reservation Hospitality Desk

Hideaway
SMS +49 17 33 11 22 77 | Tel. 880

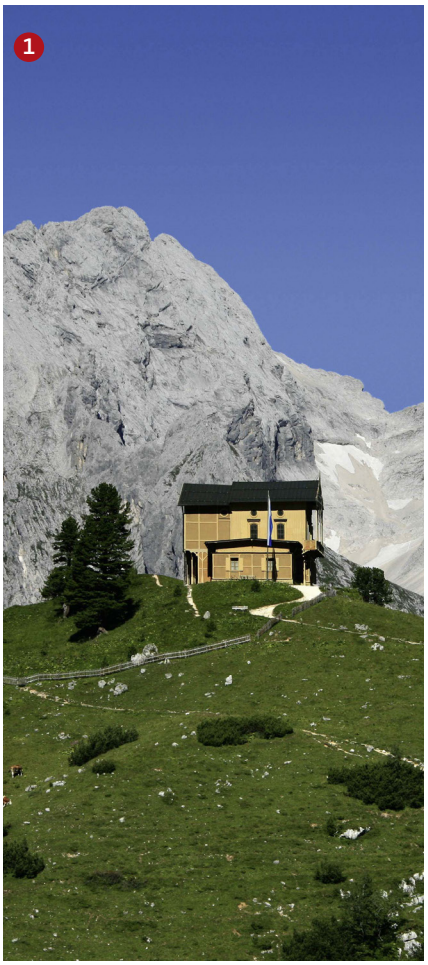
Retreat
SMS +49 16 23 11 22 55 | Tel. 770

*Anmeldung am Vortag bis 18.00 (Bogenschießen/E-Bike Touren bis 16.30) am Hospitality Desk
Register at the Hospitality Desk by 18:00 (Archery/E-bike tour by 16:30) Tel. 880 | SMS +49 17 33 11 22 77
** Wir bitten um vorherige Anmeldung per SMS / *Please register in advance via SMS +49 17 33 11 22 77*

Für Kinder von 2 – 5 Jahren *Kids age 2 – 5* Nur mit eigener Yoga Matte möglich *Only possible with your own Yoga mat*

Änderungen vorbehalten *Subject to change*

SCHLOSS ELMAU
LUXURY SPA RETREAT & CULTURAL HIDEAWAY
★ ★ ★ ★ ★



HIKING & MOUNTAINBIKE TRIPS AROUND SCHLOSS ELMAU

1 KÖNIGSHAUS AM SCHACHEN

Experience one of the most fantastic sights in the high mountains of the Bavarian Alps. The house was designed for King Ludwig II to be able to enjoy the high-alpine location in all comfort.

2 GEROLDSEE

Geroldsee Lake is an inside tip even among locals. You will be rewarded with blooming meadows and a plea-santly cool lake, a perfect place to relax.

3 E-MOUNTAINBIKE-TOUR

This e-mountain bike tour takes you into the heart of the Wetterstein mountains. Ride via Garmisch, Leer-moos, Leutasch to Mittenwald, re-turning to Elmau via nearby Ferchen-see Lake.

4 HÖLLENTALKLAMM

Experience the primeval power and purity of nature up close and per-sonal. Deeply incised into the high mountains, the waters of the Ham-mersbach mountain stream plunge from boulders over ridges into pools. The rocky gorge is easily accessible, about 1 km long and exudes an ent-irely different charm from other gor-ges and ravines.