

VIVAMAYR Maria Wörth Sample Weekly Group Activities

/ MONDAY

07:30 a.m.	Morning activation
03:00 p.m.	Aqua gymnastic (pool)
05:00 p.m.	Lecture Dr. Werner Zancolo <i>„Introduction into Modern Mayr Medicine“</i>

/ TUESDAY

07:30 a.m.	Yoga
02:15 p.m.	Yoga Walking (hotel reception)
06:00 p.m.	Shopping Grace Concept Store (hotel reception)

/ WEDNESDAY

07:30 a.m.	Morning activation
02:30 p.m.	Cooking lesson (please register at the hotel reception; with additional costs)
03:00 p.m.	Fascia training (garden sauna)

/ THURSDAY

07:30 a.m.	Yoga
03:00 p.m.	Nordic Walking (hotel reception)
05:00 p.m.	Lecture Dr. Doris Schuscha <i>“Questions and answers healthy nutrition in daily life”</i>
06:00 p.m.	Exhibition (hotel reception)

/ FRIDAY

07:30 a.m.	Morning activation
01:30 p.m.	Nordic Walking (hotel reception)
02:30 p.m.	Cooking lesson (please register at the hotel reception; with additional costs)
07:00 p.m.	Workshop: Painting and creative self-care to the end of the day (please register at the hotel reception)

/ SATURDAY

07:30 a.m.	Morning activation
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/ SUNDAY

09:30 a.m.	Active Walk (please register at the hotel reception; with additional costs)
07:00 p.m.	Workshop: Painting and creative self-care to the end of the day (please register at the hotel reception)