

VIVAMAYR Altaussee Sample Weekly Group Activities

/ Monday

07.00 – 07.30	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
15.10 – 15.45	Detox Yoga (max. 8 persons), Salisianum (1 st floor)
17.00 – 18.00	Medical Lecture (German) by Dr. Ingrid Eysn, Salisianum (1 st floor)
18.00 – 19.00	Medical Lecture (English) by Dr. Ingrid Eysn, Salisianum (1 st floor)

/ Tuesday

07.00 – 07.30	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
15.15 – 15.50	Aqua Gymnastics (max. 5 persons), SPA area (Ground floor)
15.00 – 16.30	VIVAMAYR Cooking Class (breakfast) in our Restaurant MAYREI (max. 4 persons), € 85 per person incl. cook apron & recipes, Reception (Ground floor)
16.10 – 16.45	Group Detox Yoga (max. 8 persons), Salisianum (1 st floor)
17.00 - 18.00	Psychological Lecture “Brain-Gut-Connection” (German) by Ms. Birgit Reja, Salisianum (1 st floor)
18.00 - 19.00	Psychological Lecture “Brain-Gut-Connection” (English) by Ms. Birgit Reja, Salisianum (1 st floor)

/ Wednesday

07.00 – 07.30	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 07.55	Silent Meditation (max. 3 persons), Salisianum (1 st floor)
16.10 – 16.55	Feet Up Yoga (max. 5 persons), € 35 per person, Salisianum (1 st floor)
14.55 – 16.00	VIVAMAYR Cooking Class with our Chef Stefan Mühlbacher (max. 7 persons), € 85 per person incl. cook book, Reception (Ground floor)
16.00 – 17.30	Guided Hiking Tour Altaussee (max. 4 persons), Reception (Ground floor)

VIVAMAYR Altaussee Sample Weekly Group Activities

/ Thursday

07.00 – 07.30	Good Morning Yoga (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Good Morning Yoga (max. 8 persons), Salisianum (1 st floor)
11.10 – 11.55	Yoga Nidra (max. 8 persons), Salisianum (1 st floor)
16.10 – 16.55	Meridian Stretching (max. 8 persons), Salisianum (1 st floor)
17.00 – 18.00	Medical Lecture “Nutrition” (German) by Ms. Julia Grabner, Salisianum (1 st floor)
18.00 – 19.00	Medical Lecture “Nutrition” (English) by Ms. Julia Grabner, Salisianum (1 st floor)

/ Friday

07.00 – 07.30	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Aerial Yoga (max. 3 persons), € 35 per person, Salisianum (1 st floor)
16.00 – 17.30	Guided Hiking Tour Altaussee (max. 4 persons), Reception (Ground floor)
16.10 – 16.55	Qi Gong - Flowing Meditation (max. 8 persons), Salisianum (1 st floor)

/ Saturday

07.00 – 07.30	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
07.30 – 08.00	Morning Exercise “Active awakening” (max. 8 persons), Salisianum (1 st floor)
11.10 – 11.45	Aqua Gymnastics (max. 5 persons), SPA area (Ground floor)

/ Sunday

13.00 – 15.00	Guided Hiking Tour “Ruine Pflindsberg”, Reception (Ground floor)
19.00 – 19.30	Cure Introduction “Meet & Greet” (German) with Mr. Andreas Lerch (Hotel Manager), Salisianum (1 st floor)
19.30 – 20.00	Cure Introduction “Meet & Greet” (English) with Mr. Andreas Lerch (Hotel Manager), Salisianum (1 st floor)