

Lanserhof Lans Sample Weekly Group Activities

SUNDAY

7:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

4:10–4:55 pm

*** YOGA WITH SINGING BOWLS**

Meeting point: Yoga room
with Maria Posluschny

7:45 pm

INTRODUCTION TO THE LANSERHOF CURE

Meeting point: Chimney room
with a guided tour through the house

**LAN
SER
HOF**

For a good start, we recommend our guests to watch the Lanserhof introduction film. You can play it on your TV in your room via the hotel menu.

MONDAY

6:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:10–9:55 am

PILATES

Meeting point: Exercise Room
with Stefan Motter

10:10–10:50 am

"DECELERATED ARRIVAL AT LANSERHOF"

Meeting point: Exercise Room
a preparation for your optimal therapeutic success

2:30 pm

COOKING WORKSHOP: „LIGHT DINNER OF THE ENERGY CUISINE“

Meeting point: Hotel Lobby
with a culinary expert

3:00 pm

STRENGTHENING & BALANCE

Meeting point: Hotel Lobby
with a trainer

5:10–5:55 pm

MIDDENDORF

Meeting point: Exercise Room
with Hannes Brandl

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TUESDAY

6:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:00–10:00 am

*** AQUA ZUMBA**

Meeting point: Pool
with Marc Johnson

10:00–10:30 am

KNEIPP-INTRODUCTION

Meeting point: Kneipp area
with a Detox employee

11:30 am

LECTURE: „LANS MED - YOUR SOURCE OF HEALTH AND HEALING“

Meeting point: Conference Room
with the doctor in charge

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

4:30–5:20 pm

*** DEEP RELAXATION**

Meeting point: Exercise Room
with Anna-Maria Missethon

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WEDNESDAY

6:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:10–9:55 am

*** QI GONG**

Meeting point: Exercise Room
with Anna-Maria Missethon

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

5:10–5:55 pm

*** FELDENKRAIS**

Meeting point: Yoga room
with Oliver Grundböck

6:00–7:00 pm

ENERGY CUISINE PRODUCT INFORMATION AND SALE

Meeting point: Hotel Lobby
with a culinary expert

7:30 pm

LECTURE: "PREVENTION INSTEAD OF REPAIR MEDICINE-HOW VITAMINS AND OTHER MICRONUTRIENTS OPTIMIZE OUR METABOLISM"

Meeting point: Conference Room
with Dr. Katharina Sepp

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THURSDAY

6:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:10–9:55 am

MERIDIAN-STRETCHING

Meeting point: Exercise Room
with Stephan Salzburger

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

5:10–5:55 pm

YOGA

Meeting point: Exercise Room
with Denise Luttenberger

7:30 pm

LECTURE: "HEALTHY DIET"

Meeting point: Conference Room
with Mag (FH) Ken Berger, MSc

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FRIDAY

6:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:10–9:55 am

AWAKENING YOGA

Meeting point: Exercise Room
with Anna Welinder

2:30–3:30 pm

COOKING WORKSHOP (GERMAN): „FRÜHSTÜCK - DER ENERGIESPRUNG IN DEN TAG“

Meeting point: Hotel Lobby
with a culinary expert

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3:10–3:55 pm

PILATES

Meeting point: Exercise Room
with Mag. (FH) Ken Berger, MSc.

5:10–5:55 pm

BREATHING EXERCISE

Meeting point: Exercise Room
with Christian Stöckl

SATURDAY

7:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

10:00–11:20 am

YOGA WORKSHOP

Meeting point: Exercise Room
with Denise Luttenberger

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

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SUNDAY

7:55 am

ACTIVE AWAKENING

Meeting point: Hotel Reception
with a trainer

9:30 am

*** ZUMBA WORKSHOP**

Meeting point: Exercise Room
with Marc Johnson

3:00 pm

STRENGTHENING AND BALANCE

Meeting point: Hotel Lobby
with a trainer

7:45 pm

INTRODUCTION TO THE LANSERHOF CURE

Meeting point: Chimney room
with a guided tour through the house

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