

LANSERHOF TEGERNSEE

This is a typical day at Lanserhof Tegernsee.

TIME	ACTIVITY
06:30	Upon waking, drink a level teaspoon of bitter salt or F.X. passage salt dissolved in ¼ litre of warm water – this helps cleanse your colon.
07:00 – 07:45	“Active awakening”: light morning exercises in the fresh air, followed by power walking through the beautiful Tegernsee forest, or easy exercises to wake up in the yoga room (e.g. Yoga or Qi Gong).
08:00 – 09:00	Breakfast according to your recommended nutrition plan, with intensive chewing training.
09:30 – 12:00	Medical and therapeutic treatments as per your individual health plan: these may include medical examinations, manual stomach treatments, massages, special therapies, sport training, coaching and much more. There are also additional opportunities to take part in group movement classes. The weekly programme of activities includes Pilates, Qi Gong, yoga, flexibility training, fascia training, back therapy and more.
12:00 – 12:30	A rest period of approximately 20 minutes is recommended before lunch. During this time, you can apply the liver pack to prepare the liver and large digestive organs for lunch and to support the detoxification process.
12:30 – 14:00	Lunch is taken approximately four to five hours after breakfast, to give the digestive system enough time to properly digest your meals.
14:00 – 17:00	In the afternoon, further medical and therapeutic treatments as per your individual health plan take place. In addition, there are more opportunities to take part in group movement classes as per the weekly programme of activities, for example Pilates, yoga, flexibility training, fascia training, Thera band training, coordination and balance, jazz dance or Zumba, amongst others. Combined with your own short hikes, running, swimming, biking or walking, and a visit to the sauna or sanarium afterwards, this allows your body to enter a wonderful stress-reduced and fresh state.
17:00 – 18:00	The evening meal is very light. The focus is on allowing the digestive system to rest, and this also offers training for “dinner cancelling” in daily life.
18:00 – 19:00	The evening lectures cover topics such “Introduction to Lanserhof Cure”, “The Power of Inner Pictures: Power Source or Blockade”, “Functional Movement” and “Psychoneuroimmunology”.
19:00 – 20:00	Take part in the evening meditation in the yoga room, or relax in the lounge, listening to the live music being performed.
21:00	Apply a liver pack before going to bed, to aid liver’s detoxifying function and promote relaxation. A restful night’s sleep allows your body to recuperate.