

MONDAY 07th of August 2023

- 08.00 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 50 minutes)
Start your day full of energy
- 04.00 pm: 🧘 **Yoga in the afternoon**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

TUESDAY 08th of August 2023

- 08.00 am: ★ **Fascia Training**
In the yoga room (Duration: ca. 35 minutes)
Train your connective tissues
- 08.45 am: ★ **Exercise Training**
In the yoga room (Duration: ca. 35 minutes)
Mobilize & stretch your body
- 11.30 am: ★ **Training for flexibility and mobilization**
In the yoga room (Duration: 25 minutes)
(also possible for our cure guests at ghee days)
- 05.00 pm: 🧘 **Yoga in the evening**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

WEDNESDAY 09th of August 2023

- 08.00 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 50 minutes)
Start your day with ease
- 11.30 am: ★ **Aquafit**
In the thermal pool (Duration: 20 minutes)
- 05.00 pm: 🧘 **Yoga in the evening**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening



THURSDAY 10th of August 2023

- 08.00 am: ★ **Fascia Training**
In the yoga room (Duration: ca. 35 minutes)
Train your connective tissues
- 08.45 am: ★ **Exercise Training**
In the yoga room (Duration: ca. 35 minutes)
Mobilize & stretch your body
- 11.30 am: ★ **Aquafit**
In the thermal pool (Duration: 20 minutes)
- 05.00 pm: 🧘 **Yoga in the evening**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening
- 07.00 pm: 🧘 **Meditation**
In the yoga room (Duration: 50 minutes)

FRIDAY 11th of August 2023

- 08.00 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 50 minutes)
Start relaxed in your day
- 04.30 pm: 🧘 **Yoga in the afternoon**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening
- 06.00 pm: 🎵 **Live music in the restaurant**

SATURDAY 12th of August 2023

- 08.00 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 40 minutes)
Start your day full of energy
- 08.45 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 40 minutes)
Start your day full of energy
- 11.30 am: 🧘 **Soft Yoga**
In the yoga room (Duration: 25 minutes)
Find tranquility in every posture
(Also possible for our cure guests on the ghee days)
- 05.00 pm: 🧘 **Yoga in the evening**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening

SUNDAY 13th of August 2023

- 08.00 am: 🧘 **Yoga in the morning**
In the yoga room (Duration: 50 minutes)
Start your day full of energy
- 05.00 pm: 🧘 **Yoga in the afternoon**
In the yoga room (Duration: 50 minutes)
Let go and start relaxed into your evening