

MONDAY

07.00-08.00

**ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**

Meeting point: Hotel reception, Laura Nobiling

07.00-07.30

*** ACTIVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES
TO WAKE UP**

Meeting point: Yoga room (Bathhouse), Bernhard Redencz

09.30-10.15

*** PILATES**

Meeting point: Yoga room (Bathhouse), Andrea Schwienbacher

11.15-12.00

*** THERABAND TRAINING**

Meeting point: Yoga room (Bathhouse), Laura Nobiling

14.00-15.00

**NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**

13.55 stick handover / Meeting point: Underground
parking area

14.00 Tour starts, Lennart Kemper

15.00-16.00

LECTURE

„INTRODUCTION LANSERHOF KUR“

Lecture in English, Room Inspiration

16.00-17.00

ЛЕКЦИЯ "ВВЕДЕНИЕ В Ф. КС. МАЙЕР ТЕРАПИЮ"

Lecture in Russian, Room Inspiration

LANSERHOF

★ Limited number of participants – please register at the hotel reception desk.

16.00-17.00

*** YOGA**

Meeting point: Yoga room (Bathhouse), Sabina von Walderdorff

LECTURE "MINDFULNESS AS A TOOL FOR HEALTH AND WELLBEING"

18.30

Lecture in English

19.15

Lecture in German

Room Inspiration, Fred Zimmermann

18:30-19:15

*** EVENING WALK**

Meeting Point: Hotel reception, Franziska Shelembe

19.00

MUSICSERIES – YOUNG TALENTS FROM MUNICH

"80s & 90s Pop"

Lukas Häfner (guitar) and Maximilian Höcherl (voice)

Lounge & Fireplace

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TUESDAY

JANUARY, 22ND 2019

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07.00-08.00

**ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**

Meeting point: Hotel reception, Bernhard Redencz

07.00-07.30

*** ACTIVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES
TO WAKE UP**

Meeting point: Yoga room (Bathhouse), Andrea Schvienbacher

08.45-10.00

*** MIXED BREATHING TECHNIQUE AND ART OF BREATHING**

Meeting point: Yoga room (Bathhouse), Marko Körber

11.00-12.00

*** YOGA**

Meeting point: Yoga room (Bathhouse), Jasna Okanovic

★ Limited number of participants – please register at the hotel reception desk.

- 14.00-15.00 **NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**
13.55 stick handover / Meeting point: Underground
parking area
14.00 Tour starts,
Franziska Shelembe
- 14.30-16.00 *** COOKING CLASS – HOW TO COOK THE
LANSERHOF ENERGY CUISINE AT HOME – BASICS**
Meeting point: Tealounge in front of our dining room,
Chef de cuisine Karsten Wolf and team
- 16.15-17.00 *** LATIN DANCE**
Meeting point: Yoga room (Bathhouse), Regina Mück
- 17.00-18.00 **SAUNA INFUSION**
Meeting point: Sauna (Bathhouse), Alexander Burgay
- 18.00 **LECTURE „FUNCTIONAL TRAINING“**
Lecture in English "fascination fascia"
- 19.00 Lecture in German "Ausdauergeheimnisse"
Room Inspiration, Ferdinand Bader
- 18.00 **PIANO LOUNGE**
Heiko Stralendorff – Grand Piano
Lounge & Fireplace
- 19.00-20.00 *** EVENING MEDITATION**
Meeting point: Yoga room (Bathhouse), Christian Fein

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HOF**

★ Limited number of participants – please register at the hotel reception desk.

WEDNESDAY

- 07.00-08.00 **ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**
Meeting point: Hotel reception, Franziska Shelembe
- 07.00-07.30 *** ACTICVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES TO WAKE UP**
Meeting point: Yoga room (Bathhouse), Laura Nobiling
- 09.30-10.15 *** PILATES**
Meeting point: Yoga room (Bathhouse), Laura Nobiling
- 11.00-12.00 **INTRODUCTION LANSERHOF THERAPY**
11.00 am German
11.30 am English
Room Inspiration, Werner Schierl
- 11.15-12.00 *** COORDINATION AND BALANCE**
Meeting point: Yoga room (Bathhouse), Tim Hirmke
- 14.00-15.30 **NORDIC WALKING / SHNOWSHOE HIKING -
(SLIGHTLY HILLY, 6 KILOMETER,
ALTITUDE DIFFERENCE 210 METERS)**
13.55 stick handover / Meeting point: Underground parking area –
14.00 Tour starts, Ferdinand Bader
- 14.00-15.00 **SLOWLY NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**
13.55 stick handover / Meeting point: Underground parking area – 14.00 Tour
starts, Julia Nirrnheim
- 14.30-15.30 *** BAKERY CLASS – HOW TO BAKE TASTY AND HEALTHY BREAD**
Meeting point: Tealounge in front if our dining room,

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★ Limited number of participants – please register at the hotel reception desk.

Chef de cuisine Karsten Wolf and team

15.00-16.30

LADIES SAUNA

Sauna (Bathhouse)

16.00-17.00

★ YOGA

Meeting point: Yoga room (Bathhouse), Sabina von Walderdorff

18.00-19.00

LANSERHOF TEGERNSEE - EVENING

Our management is looking forward to face-to face meetings and our team de cuisine presents healthy Lanserhof products.

Room Inspiration

18.00

PIANO LOUNGE

Regina Schuller – Grand Piano

Lounge & Fireplace

19.00-20.00

★ EVENING MEDITATION

Meeting point: Yoga room (Bathhouse), Tim Hirmke

THURSDAY

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07.00-08.00

**ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**

Meeting point: Hotel reception, Laura Nobiling

07.00-07.30

**★ ACTICVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES
TO WAKE UP**

Meeting point: Yoga room (Bathhouse), Tim Hirmke

★ Limited number of participants – please register at the hotel reception desk.

- 09.30-10.15 ★ **FLEXIBILITY**
Meeting point: Yoga room (Bathhouse), Julia Nirrnheim
- 11.00-12.00 ★ **YOGA**
Meeting point: Yoga room (Bathhouse), Jasna Okanovic
- 14.00-15.00 **NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**
13.55 stick handover / Meeting point: Underground
parking area
14.00 Tour starts, Lennart Kemper
- 15.30-16.30 ★ **ZUMBA**
Meeting point: Yoga room (Bathhouse),
Franziska Shelembe
- 17.00-18.00 **SAUNA INFUSION**
Meeting point: Sauna (Bathhouse), Marco Körber
- 18.00 **LECTURE „THE TALE OF ADAM AND EVA: A
CARDIOLOGIST PERSPECTIVE OF ETERNAL YOUTH“**
Lecture in English
19.00 Lecture in German
Room Inspiration, Dr. Jan Stritzke
- 19.00 **INTERNATIONAL OLDIES - ROWSEKIT**
“The best Spanish, English and Italian songs”
Radu Buzac Band
Lounge & Fireplace



★ Limited number of participants – please register at the hotel reception desk.

FRIDAY

- 07.00-08.00 **ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**
Meeting point: Hotel reception, Julia Nirrnheim
- 07.00-07.30 *** ACTICVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES
TO WAKE UP**
Meeting point: Yoga room (Bathhouse), Tobias Stock
- 09.30-10.15 *** PILATES**
Meeting point: Yoga room (Bathhouse), Tim Hirmke
- 11.15-12.00 *** THERABAND TRAINING**
Meeting point: Yoga room (Bathhouse), Lennart
Kemper
- 14.00-15.30 **NORDIC WALKING / SHNOWSHOE HIKING -
(SLIGHTLY HILLY, 6 KILOMETER,
ALTITUDE DIFFERENCE 210 METERS)**
13.55 stick handover / Meeting point: Underground parking area
14.00 Tour starts, Laura Nobiling
- 14.00-15.00 **SLOWLY NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**
13.55 stick handover / Meeting point: Underground
parking area

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★ Limited number of participants – please register at the hotel reception desk.

14.00 Tour starts, Franziska Shelembe

14.30-16.00

**★ COOKING CLASS – HOW TO COOK THE
LANSERHOF ENERGY CUISINE AT HOME –
VEGETARIAN AND VEGAN**

Meeting point: Tealounge in front of our dining room,
Chef de cuisine Karsten Wolf and team

16.00-17.00

★ YOGA

Meeting point: Yoga room (Bathhouse), Sabina von Walderdorff

18.30

PIANO LOUNGE

Susi Weiss – Grand Piano
Lounge & Fireplace

SATURDAY

LAN
SER
HOF

07.00-08.00

**ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**

Meeting point: Hotel reception,
Tobias Stock

09.30-10.15

★ COORDINATION AND BALANCE

Meeting point: Yoga room (Bathhouse),
Bernhard Redencz

11.15-12.00

★ FASCIA TRAINING

Meeting point: Yoga room (Bathhouse),
Tobias Stock

★ Limited number of participants – please register at the hotel reception desk.

14.00-15.00

**NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**

13.55 stick handover / Meeting point: Underground parking area

14.00 Tour starts

Bernhard Redencz

18.30

PIANO LOUNGE

Marita Matschke – Grand Piano

Lounge & Fireplace

19.00-20.00

★ EVENING MEDITATION

Meeting point: Yoga room (Bathhouse), Christian Fein

**LAN
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SUNDAY

07.00-08.00

**ACTIVE AWAKENING INSIDE NATURE –
EASY EXERCISES TO WAKE UP**

Meeting point: Hotel reception,
Bernhard Redencz

09.30-10.15

★ BACK THERAPY

Meeting point: Yoga room (Bathhouse),
Tim Hirmke

11.15-12.00

★ BLACKROLL

Meeting point: Yoga room (Bathhouse),
Bernhard Redencz

**LAN
SER
HOF**

14.00-15.30

**NORDIC WALKING / SHNOWSHOE HIKING -
(SLIGHTLY HILLY, 6 KILOMETER,
ALTITUDE DIFFERENCE 210 METERS)**

13.55 stick handover / Meeting point: Underground parking area
14.00 Tour starts, Tobias Stock

14.00-15.00

**SLOWLY NORDIC WALKING / SHNOWSHOE HIKING -
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,
ALTITUDE DIFFERENCE 100 METERS)**

13.55 stick handover / Meeting point: Underground
parking area
14.00 Tour starts, Tim Hirmke

★ Limited number of participants – please register at the hotel reception desk.

18.30

PIANO LOUNGE

Regina Schuller - Grand Piano
Lounge & Fireplace

19.00-20.00

LECTURE

„EINFÜHRUNG LANSERHOF KUR“

Lecture in German
Room Inspiration

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