

# MONDAY

07.00-08.00	<b>ACTICVE AWAKENING INSIDE NATURE – EASY EXERCISES TO WAKE UP</b> Meeting point: Hotel reception, Tanja Blomenhofer
07.00-07.30	<b>* ACTICVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES TO WAKE UP</b> Meeting point: Yoga room (Bathhouse), Johanna Wirler
09.30-10.15	<b>* PILATES</b> Meeting point: Yoga Room (Bathhouse), Tim Hirmke
11.15-12.00	<b>* THERABAND</b> Meeting point: Yoga room (Bathhouse), Lennart Kemper
14.00-15.00	<b>* YOGA</b> Meeting point: Yoga room (Bathhouse), Tanja Blomenhofer
14.00-15.00	<b>NORDIC WALKING / SHNOWSHOE HIKING - SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER, ALTITUDE DIFFERENCE 100 METERS)</b> 13.55 pm stick handover / Meeting point: Underground parking area 14.00 pm Tour starts, Tim Hirmke
15.00-15.40	<b>LECTURE</b> <b>„INTRODUCTION LANSERHOF KUR“</b> Lecture in English, Room Inspiration
16.00-17.00	<b>ЛЕКЦИЯ "ВВЕДЕНИЕ В Ф. КС. МАЙЕР ТЕРАПИЮ"</b> Lecture in Russian, Room Inspiration
18.30 19.15	<b>LECTURE "PERFECTLY IMPERFECT – THE SMART WAY TO REACH YOUR GOALS AND CHANGE HABITS"</b> Lecture in English Lecture in German Room Inspiration, Christian Fein
18.30-19.15	<b>* EVENING WALK</b> Meeting point: hotel reception, Lennart Kemper
18.45-20.45	<b>MUSICSERIES – YOUNG TALENTS FROM MUNICH</b> <b>"Soulful Songs"</b> Amelie Haidt (voice) and Maruan Sakas (grand piano) Lounge & Fireplace

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

# TUESDAY

- 07.00-08.00      **ACTICVE AWAKENING INSIDE NATURE –  
EASY EXERCISES TO WAKE UP**  
Meeting point: Hotel Reception, Johanna Wirler
- 07.00-07.30      **\* ACTICVE AWAKENING INSIDE LANSERHOF –  
EASY EXERCISES TO WAKE UP**  
Meeting point: Yoga room (Bathhouse), Laura Nobiling
- 09.45-11.00      **\* QI GONG**  
Meeting point: Yoga room (Bathhouse), Marco Körber
- 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 pm stick handover / Meeting point: Underground  
parking area  
14.00 pm Tour starts, Hans Peters
- 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), Marco Körber
- 18.00              **LECTURE “MOVEMENT”**  
Lecture in English, “Secrets of Endurance Training”  
19.00              Lecture in German, „Artgerechte Haltung des Menschen”  
Room Inspiration, Ferdinand Bader
- 18.45-20.45      **PIANO LOUNGE**  
Heiko Stralendorff – Grand Piano  
Lounge & Fireplace

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# WEDNESDAY

07.00-08.00	<b>ACTIVE AWAKENING INSIDE NATURE – EASY EXERCISES TO WAKE UP</b> Meeting point: Hotel reception, Hans Peters
07.00-08.00	<b>* YOGA</b> Meeting point: Yoga room (Bathhouse), Franziska Shelembe
09.40-10.20	<b>* BACK EXERCISES</b> Meeting point: Yoga room (Bathhouse), Tanja Blomenhofer
11.00-12.00	<b>INTRODUCTION LANSERHOF THERAPY</b> 11.00 am German 11.30 am English Room Inspiration, Dr. Simone Reitmair
11.15-12.00	<b>* FASCIA TRAINING</b> Meeting point: Yoga room (Bathhouse), Tanja Blomenhofer
14.00-15.30	<b>NORDIC WALKING / SHNOWSHOE HIKING - (SLIGHTLY HILLY, 6 KILOMETER, ALTITUDE DIFFERENCE 210 METERS)</b> 13.55 pm stick handover / Meeting point: Underground parking area 14.00 pm Tour starts, Johanna Wirler
14.00-15.00	<b>SLOWLY NORDIC WALKING / SHNOWSHOE HIKING - SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER, ALTITUDE DIFFERENCE 100 METERS)</b> 13.55 pm stick handover / Meeting point: Underground Parking area 14.00 pm Tour starts, Tim Hirmke
14.30-16.15	<b>* BAKERY CLASS – HOW TO BAKE TASTY AND HEALTHY BREAD</b> Meeting point: Tealounge in front of our dining room, Chef de cuisine Karsten Wolf & team
15.00-16.30	<b>LADIES SAUNA</b> Sauna (Bathhouse)
15.45-16.30	<b>* PILATES</b> Meeting point: Yoga room (Bathhouse), Tim Hirmke
18.00-19.00	<b>LANSERHOF TEGERNSEE - EVENING</b> Our management is looking forward to face-to face meetings and our team de cuisine presents healthy Lanserhof products. Room Inspiration
18.45-20.45	<b>PIANO LOUNGE</b> Dietrich Lorenz – Grand Piano Lounge & Fireplace
19.00-20.00	<b>* EVENING MEDITATION</b> Meeting point: Yoga room (Bathhouse), Tim Hirmke

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# THURSDAY

- 07.00-08.00 **ACTIVE AWAKENING INSIDE NATURE – EASY EXERCISES TO WAKE UP**  
Meeting point: Hotel reception, Tim Hirmke
- 07.00-08.00 **★ YOGA**  
Meeting point: Yoga room (Bathhouse), Tanja Blomenhofer
- 09.15-10.00 **★ COORDINATION AND BALANCE**  
Meeting point: Yoga room (Bathhouse), Franziska Shelembe
- 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 pm stick handover / Meeting point: Underground Parking area  
14.00 pm Tour starts, Tim Hirmke
- 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 “MEET THE PROFFESIONAL CYCLING TEAM BORA HANSGROHE - EXCLUSIVE INSIGHTS”**  
Lecture in English  
19.00 Lecture in German  
Room Inspiration, Professional Cycling Team BORA hansgrohe
- 19.00-20.45 **INTERNATIONAL OLDIES - ROWSEKIT**  
“The best Spanish, English and Italian songs”  
Radu Buzac Band  
Lounge & Fireplace
- 19.00-20.00 **★ GONG MEDITATION**  
Treffpunkt: Yoga Raum (Badehaus), Alexander Renner

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# GONG MEDITATION



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The sounds of the gong, its frequencies and sound waves  
have multiple effects on our body and brain.

They achieve what many are often denied in a short time:

Inner peace, calmness and recovery

Thursday, 05.12.19, 19.00 h, Yoga Room

Individual lessons "Deep Gong Vibrations" can also be booked at the Helpdesk.

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# FRIDAY

- 07.00-08.00 **ACTIVE AWAKENING INSIDE NATURE – EASY EXERCISES TO WAKE UP**  
Meeting point: Hotel reception, Tobias Stock
- 07.00-07.30 **\* ACTIVE AWAKENING INSIDE LANSERHOF – EASY EXERCISES TO WAKE UP**  
Meeting point: Yoga room (Bathhouse), Tim Hirmke
- 09.30-10.15 **\* PILATES**  
Meeting point: Yoga room (Bathhouse), Laura Nobiling
- 11.15-12.00 **\* FLEXIBILITY**  
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 pm stick handover / Meeting point: Underground Parking area  
14.00 pm Tour starts, Johanna Wirler
- 14.00-15.00 **SLOWLY NORDIC WALKING / SHNOWSHOE HIKING - SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER, ALTITUDE DIFFERENCE 100 METERS)**  
13.55 pm stick handover / Meeting point: Underground Parking area  
14.00 pm Tour starts, Laura Nobiling
- 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
- 15.30-16.30 **\* YOGA**  
Meeting point: Yoga room (Bathhouse), Tanja Blumenhofer
- 18.45-20.45 **FIREPLACE MUSIC - FLUTE AND GUITAR**  
Duo Anaka  
"Romantic music for flute and guitar"  
Lounge & Fireplace

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# SATURDAY

- 07.00-08.00      **ACTIVE AWAKENING INSIDE NATURE –  
EASY EXERCISES TO WAKE UP**  
Meeting point: Hotel reception,  
Laura Nobiling
- 09.30-10.15      **★ THERABAND**  
Meeting point: Yoga room (Bathhouse),  
Johanna Wirler
- 11.15-12.00      **★ FASCIATRaining**  
Meeting point: Yoga room (Bathhouse),  
Lennart Kemper
- 14.00-15.00      **NORDIC WALKING / SHNOWSHOE HIKING -  
SHORT TRAIL (SLIGHTLY HILLY, 3-4 KILOMETER,  
ALTITUDE DIFFERENCE 100 METERS)**  
13.55 pm stick handover / Meeting point:  
Underground parking area  
14.00 pm Tour starts  
Lennart Kemper
- 14.00-16.30      **★ ALPAKA-LAMA TOUR**  
Alpaka-Lama Team Tölzer Land,  
Meeting point: Hotel reception  
(Transfer will be organized)
- 18.45-20.45      **PIANO LOUNGE**  
Susi Weiss - Grand Piano  
Lounge & Fireplace

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# SUNDAY

- 07.00-08.00      **ACTIVE AWAKENING INSIDE NATURE –  
EASY EXERCISES TO WAKE UP**  
Meeting point: Hotel reception,  
Johanna Wirler
- 10.30-11.15      **★ FLEXIBILITY**  
Meeting point: Yoga room (Bathhouse),  
Laura Nobiling
- 11.15-12.00      **★ COORDINATION UND BALANCE**  
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 pm stick handover / Meeting point: Underground parking area  
14.00 pm 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 pm stick handover / Meeting point: Underground parking area  
14.00 pm Tour starts,  
Johanna Wirler
- 18.45-20.45      **PIANO LOUNGE**  
Susi Weiss - Grand Piano  
Lounge & Fireplace
- 19.00-20.00      **LECTURE**  
**„EINFÜHRUNG LANSERHOF KUR“**  
Lecture in German  
Room Inspiration

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