



09.02 - 14.02 Activity Program | Activity schedule

DE | EN | IT

Anmeldung erforderlich | Notification necessary | Previa Prenotazione

Yoga, pilates and meditation take place in the ACTIVITY HOUSE
Forest bathing takes place in the forest, meetingpoint is the MIRAMONTI BRIDGE

			Teacher	€/P.
Monday	10.30 - 11.55	Hatha Yoga	Heidi	16
	12.00 - 12.55	Breath work	Heidi	12
Tuesday	08.30 - 09.55	Hatha Yoga	Heidi	16
	10.00 - 10.55	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	10.00 - 11.00	Waldbaden Forest bathing	Monika	25
	11.00 - 11.55	Stressabbau-Session Stress Release Session Sessione di rilascio dello stress	Heidi	12
Wednesday	08.30 - 09.55	Hatha Yoga	Heidi	16
	10.00 - 10.55	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	11.00 - 11.55	Breath work	Heidi	12
Thursday	10.30 - 11.55	Hatha Yoga	Heidi	16
	17.15 - 18.15	Stressabbau-Session Stress Release Session Sessione di rilascio dello stress	Heidi	12
Friday	08.30 - 09.25	Hatha Yoga	Heidi	12
	09.30 - 10.25	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	Heidi	12
	10.00 - 11.00	Waldbaden Forest bathing	Monika	25
	10.30 - 11.25	Breath work	Heidi	12
Saturday	08.30 - 09.55	Hatha Yoga	Heidi	16

auch für Anfänger geeignet | beginner friendly | adatto ai principianti