

move & explore

Monday	08.30 – 09.15	10.00 – 10.45	11.00 – 11.45
04.03.	Tai-Chi / Qi Gong	Yoga Experience	Meditation Meditazione Meditation
Tuesday			
05.03	Ruhetag	Giorno di riposo	Day off
Wednesday			16.00 – 16.45
06.03.			Tai-Chi / Qi Gong
			Meditation Meditazione Meditation
Thursday	08.30 – 09.15	10.00 – 10.45	
07.03.	Tai-Chi / Qi Gong	Yoga Experience	
Friday		15.00 – 15.45	16.00 – 16.45
08.03.		Après-Ski Yoga	Faszien-Pilates Pilates-Fasciale Fascia-Pilates
			Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
Saturday			16.00 – 16.45
09.03.			Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
			Übungen Fokus Rücken Esercizi per la schiena Special Back Exercises
Sunday	08.30 – 09.15	10.00 – 10.45	
10.03.	Tai-Chi / Qi Gong	Yoga Experience	

Treffpunkt für Indoor Aktivitäten: duy Raum | * Treffpunkt am Empfang - Voranmeldung innerhalb 17.00 Uhr des Vortages an der Rezeption erforderlich. **Änderungen vorbehalten**
 Punto d'incontro indoor: sala duy | * Punto d'incontro: ricevimento - Previa prenotazione alla reception entro le ore 17.00 del giorno prima. **Diritti per cambiamenti riservati**
 Meeting place for indoor activities: the duy room | * Meet at the reception desk - Notification necessary one day in advance by 05.00 pm at the reception desk. **Subject to change**