

move & explore

Monday	08.30 – 09.15			
11.02.	Tai-Chi / Qi Gong			
Tuesday				
12.02.	Ruhetag	Giorno di riposo	Day off	
Wednesday		15.00 – 15.45	16.00 – 16.45	17.00 – 17.45
13.02.		Yoga Experience	Tai-Chi / Qi Gong	Meditation Meditazione Meditation
Thursday	08.30 – 09.15	10.00 – 10.45	11.00 – 11.45	
14.02.	Tai-Chi / Qi Gong	Meditation Meditazione Meditation	Yoga Experience	
Friday		15.00 – 15.45	16.00 – 16.45	17.00 – 17.45
15.02.		Après-Ski Yoga	Übungen Fokus Rücken Esercizi per la schiena Special Back Exercises	Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
Saturday		15.00 – 15.45	16.00 – 16.45	17.00 – 17.45
16.02.		Faszien-Pilates Pilates-Fasciale Fascia-Pilates	Après-Ski Yoga	Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
Sunday	08.30 – 09.15	10.00 – ca. 13.30		
17.02.	Frischekick am Morgen Ginnastica per iniziare bene Freshness boost in the morning	Schneeschuhwanderung* Camminata con le ciaspole* Walking with snow shoes*		

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**