

SATURDAY, MAY 03

- **08:15 AM: *SURYA NAMASKAR YOGA**
Meditation in movement with the sun salutation with Magdalena
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.
- **04:00 PM: PEELING IN THE STEAM SAUNA**
- **05:00 PM: CITRUS INFUSION WITH THE ESSENTIAL OILS**
LEMON, MANDARIN AND BERGAMOT
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS**
MARJORAM, LAVENDER AND BASIL

***WE ASK FOR REGISTRATION BY 7:00 PM THE DAY BEFORE.**

CHANGES POSSIBLE DUE TO WEATHER CONDITIONS.

FOR THE HIKINGS:

EQUIPMENT NEEDED: BACKPACK, HIKING OR HIKING BOOTS, RAIN GEAR, SUNSCREEN, GLOVES AND HAT, POSSIBLY HIKING POLES.

TRAVELLING TO THE HIKE WITH OUR 9-SEATER HOTEL BUS.
FOOD, DRINKS AND CABLE CAR RIDES ARE PAID FOR BY THE PARTICIPANTS THEMSELVES. YOU ARE WELCOME TO ORDER A PACKED LUNCH TO TAKE AWAY AT THE HOTEL FOR €16 PER LUNCH.



THEINER'S
GARTEN

PASTA, VINO &
DOLCE VITA
28.04. - 04.05.



THE GARDEN OF FLAVOR

BREAKFAST FROM 07.30 AM TO 10.30 AM

LIGHT LUNCH FROM 13.00 PM TO 14.45 PM

SWEET BUFFET FROM 15.00 PM TO 17.00 PM

DINNER FROM 18.30 PM TO 20.30 PM

MONDAY, APRIL 28

- **08:15 AM: *START YOUR DAY WITH VINYASA YOGA**
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **06:30 PM: *FULL BODY WORK OUT WITH SARAH**
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **06:30 PM: WELCOME APERITIVO WITH THE THEINER'S FAMILY**



TUESDAY, APRIL 29

- **08:15 AM: *PILATES WITH NADIA**
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.

WEDNESDAY, APRIL 30

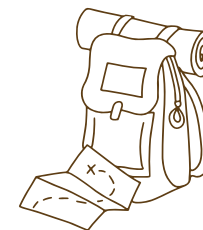
- **08:15 AM: *YIN YOGA**
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: AQUAFITNESS**
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **11:00 AM: STRETCH AND RELAX**
In the movement room, duration: approx. 50 min.

THURSDAY, MAY 01 - LABOUR DAY

- **08:15 AM: *GENTLE VINYASA YOGA**
With influences from MBSR and trauma-sensitive yoga
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: *GUIDED HIKE TO THE ROCKY MEN AND THE CROCUS BLOOM ON THE MÖLTNER JOCH**

We begin our hike at the Schermooos parking lot above Meltina. Following the trail, we pass the Möltner Kaser alpine hut and continue to the summit of the Rocky Men. At the top, a wide panoramic view awaits us. We return via the crocus-filled meadows.

Shared lunch break at Möltner Kaser.
Easy to moderately difficult hike.
Distance: approx. 15 km
Hiking time: approx. 3–4 hours
Elevation gain: approx. 550 m
Return: around 3:30 p.m.



- **FROM 07:30 PM: DESSERT BUFFET WITH ITALIAN LIVE MUSIC**

FRIDAY, MAY 02

- **08:15 AM: *PILATES WITH NADIA**
Meeting point: movement room at the 3rd floor
Duration: approx. 60 min, Price: € 15,00.

- **08:30 AM: *TRENTO CITY TOUR**

Discover Trento on a guided tour filled with fascinating insights into its history, culture, and architecture – from the Council of Trent to the Castello del Buonconsiglio, the largest castle complex in Trentino-South Tyrol. Afterwards, enjoy free time to stroll through the charming old town or relax with an aperitivo under the arcades.
Return: around 04:00 PM

