

- **08:15 AM: \*PILATES WITH NADIA**

Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

## SATURDAY, JULY 12

- **08:15 AM: \*HATHA/VINYASA YOGA WITH HARMONIUM**

Flowing movements and strengthening poses, accompanied by meditative harmonium sounds – for balance and renewed energy.  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

## SUNDAY, JULY 13

- **08:00 AM: \*MEDITATION AND YOGA WITH MUHAMMAD**

Activating and balancing: The session begins with Kundalini Yoga and the breathing techniques Kapalabhati and Anulom Vilom, and concludes with deep relaxation through Yoga Nidra.  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

**\*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

SUN , HIKING ,  
RELAXATION  
07.07. - 13.07.



### 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, JUNY 07

- **08:15 AM: \*START YOUR DAY WITH VINYASA YOGA**  
A dynamic style where breath and movement harmoniously merge in flowing sequences.  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **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**
- **06:30 PM: WELCOME APERITIF IN THE HERB GARDEN**



## TUESDAY, JULY 08

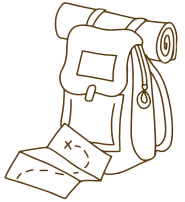
- **08:15 AM: \*YIN YOGA**  
A quiet, meditative style that works deeply into the connective tissue through long-held poses, creating inner spaciousness.  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: \*SUMMIT HIKE: REINSWALD – CIMA SAN CASSIANO**  
We take the cable car from Reinswald (1,492m) to the Pichlberg Alpine Hut (2,150m). From there, we hike to the Getrumalm (2,094m, approx. 1h), then continue toward Cima San Cassiano. The trail gets steeper only near the summit, which we reach after 2–2.5h. Descent leads steeply to the Latzfonsen Kreuz (2,300m), then via “Lückl” and Getrumalm back to the start. Refreshments available at the mountain hut.  
Easily manageable for experienced hikers.  
Elevation gain: approx. 600m      Distance: approx. 12 km  
Hiking time: 4–4.5h      Return: around 4:00 - 5:00 PM

## WEDNESDAY, JULY 09

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

- **08:30 AM: \*SUMMIT HIKE TO HOHER DIEB (2,730 M)**

Scenic tour in the Ulten Mountains: From Pracupola, we hike through forest to Kühbergalm (2,064m, approx. 1h), continue to the Kofelraster Lakes (2,441m, +1h), and then to the summit of Hoher Dieb (approx. 3h from start). Stunning views of the Ultimo range, Texel Group and Dolomites await.  
For experienced hikers with good fitness and surefootedness. Refreshments available at rustic Kühbergalm.  
Elevation gain: approx. 1,000m  
Distance: approx. 12 km  
Hiking time: 5–6h  
Return: around 17:00



- **09:30 AM: HOUSE TOUR WITH SENIOR HOST WALTER THEINER**  
Meeting point: reception

## THURSDAY, JULY 10

- **08:00 AM: AQUAFITNESS**  
We strengthen our muscles with targeted exercises in the water. Duration: approx. 50 min.
- **08:15 AM: \*GENTLE VINYASA YOGA**  
Mindfully flowing movements, inspired by MBSR and trauma-sensitive yoga, gently bringing body and mind into balance.  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

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



## FRIDAY, JULY 11

- **03:00 AM: \*SUNRISE HIKE TO LAVINASPITZ (1,650 M)**

Early hike from Mendel Pass to Lavinaspitz to witness sunrise over the Dolomites. Stunning views of Lake Caldaro, Adige Valley, and Bolzano. Return via forest trail.  
Duration: approx. 2–2.5 h, 6 km, 300 m elevation  
Easy hike, sure-footedness required  
Gear: sturdy shoes, warm clothing, optional poles  
Sunrise: 5:22 AM  
Return around: 8:00–9:00 AM

