

SATURDAY, NOVEMBER 15

- **08:00 AM: *GENTLE VINYASA YOGA**
Mindfully flowing movements, inspired by MBSR and trauma-sensitive yoga, gently bringing body and mind into balance. Meeting point: conference room, Duration: approx. 60 min.
- **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: *YIN YOGA**
A quiet, meditative style that works deeply into the connective tissue through long-held poses, creating inner spaciousness. Meeting point: conference room Duration: approx. 60 min.
- **05:00 PM: CITRUS INFUSION WITH THE ESSENTIAL OILS**
LEMON, MANDARIN AND BLOOD ORANGE
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS**
MARJORAM, LAVENDER AND HERB MIX

SUNDAY, NOVEMBER 16

- **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: conference room Duration: approx. 60 min.

***WE ASK FOR REGISTRATION BY 6:00 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. TRAVELING 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 €18 PER LUNCH.



THEINER'S
GARTEN

STRETCH,
BREATHE, RELAX
10.11. - 16.11.



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, NOVEMBER 10

- **08:00 AM: *PILATES WITH NADIA**
Meeting point: movement room, Duration: approx. 60 min..
- **06:30 PM: WELCOME APERITIF AT THE BAR WITH THE THEINER FAMILY**

TUESDAY, NOVEMBER 11

- **08:00 AM: *SURYA NAMASKAR YOGA**
The Sun Salutation as an invigorating sequence of flowing movements, accompanied by mantras that align body, breath, and mind. Meeting point: movement room on the 3rd floor, Duration: approx. 60 min.
- **05:00 PM: *HATHA/VINYASA YOGA WITH HARMONIUM WITH HANNA**
Flowing movements and strengthening poses, accompanied by meditative harmonium sounds – for balance and renewed energy.
Meeting point: movement room, Duration: approx. 60 min.

WEDNESDAY, NOVEMBER 12

- **08:00 AM: *START YOUR DAY WITH VINYASA YOGA**
Flowing movements and conscious breathing awaken body and mind for an energized start to the day.
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min.
- **08:30 AM: *AUTUMN HIKE TO LEUCHTENBURG AT LAKE KALTERN**
We start at Klughammer on the eastern shore of Lake Kaltern and hike along pleasant forest trails up to Leuchtenburg Castle, where a beautiful view over the lake and the Überetsch awaits us. We then continue to the Rosszähne (Horse Teeth rock formations) and the warm air holes before returning to Klughammer.
Hiking time: approx. 3–4 hours, Distance: about 10 km,
Elevation gain: around 400 m
Estimated return: approx. 3:30 p.m.
Equipment: hiking boots, enough to drink
- **04:30 PM: *SOMATIC YOGA**
Gentle movements and mindful awareness release stress and bring the nervous system back into balance.
Meeting point: conference room Duration: approx. 60 min.
- **05:00 PM: PEELING IN THE STEAM SAUNA**
- **06:00 PM: RELAXING INFUSION WITH THE ESSENTIAL OILS
SWISS STONE PINE, LAVENDER AND BLOOD ORANGE**

THURSDAY, NOVEMBER 13

- **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: conference room, Duration: approx. 60 min.
- **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.
- **05:00 PM: INFUSION WITH HOTEL DIRECTOR MANUEL KREMER**
- **06:00 PM: INFUSION WITH HOTEL DIRECTOR MANUEL KREMER**
- **06:00 PM: *YIN YOGA**
A quiet, meditative style that works deeply into the connective tissue through long-held poses, creating inner spaciousness.
Meeting point: conference room Duration: approx. 60 min.
- **FROM 07:30 PM: DESSERT BUFFET IN THE RESTAURANT**

FRIDAY, NOVEMBER 14

- **08:00 AM: *SURYA NAMASKAR YOGA**
The Sun Salutation as an invigorating sequence of flowing movements, accompanied by mantras that align body, breath, and mind. Meeting point: conference room
Duration: approx. 60 min.
- **09:00 AM: *AUTUMN HIKE TO THE VERNAGO RESERVOIR
IN THE SCHNALSTAL VALLEY**
We start our hike in the village of Vernago in the Schnalstal Valley at an altitude of 1,700 m. Following the picturesque Lake Vernago, we walk halfway around the 100-hectare lake and then ascend to the medieval Finail Farm (Finailhof) at 1,973 m, where we stop for lunch. During the descent, surefootedness and a good head for heights are required in some sections.
Distance: approx. 8 km, Elevation gain: approx. 300 m
Total hiking time: approx. 3–4 hours, Return: around 3:00–4:00 p.m.
- **09:30 AM: HOUSE TOUR WITH HOTEL DIRECTOR MANUEL KREMER**
Meeting point: reception
- **05:00 PM: *VINYASA YOGA – GENTLE AND GROUNDING**
Slow flows and steady breath invite calm, centering, and a deep sense of connection.
Meeting point: conference room, Duration: approx. 60 min.

