

SATURDAY, OCTOBER 18

- **08:00 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 on 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 BLOOD ORANGE**
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS MARJORAM, LAVENDER AND BASIL**

SUNDAY, OCTOBER 19

- **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 on the 3rd floor
Duration: approx. 60 min, Price: € 15,00.
- **FROM 06:30 PM: TÖRGGELE EVENING IN THE RESTAURANT**

***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.
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

R U S T L I N G
L E A V E S , W I N E ,
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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, OCTOBER 13

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

TUESDAY, OCTOBER 14

- **08:00 AM: *PILATES WITH NADIA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **04:00 PM: CHESTNUT ROASTING IN THE GARDEN**



WEDNESDAY, OCTOBER 15

- **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, Price: € 15,00.
- **09:00 AM: *AUTUMN HIKE TO THE MONTIGGLER LAKES**
We start our hike at the Montiggler Lakes. First, we make a gentle ascent to the Hirschplätze, where a wonderful panoramic view awaits us. The path then descends fairly steeply through the forest, along the lake, and continues through the woods down to Lake Caldaro. Lunch will be enjoyed outdoors along the way. If desired, a packed lunch can be ordered at the reception the day before.
Distance: approx. 15 km
Elevation gain: approx. 400 m up and down
Total walking time: approx. 4-5 hours
Return: approx. 3-4 PM
- **05:00 PM: RELAXING INFUSION WITH THE ESSENTIAL OILS**
SWISS STONE PINE, LAVENDER AND BASIL
- **06:00 PM: FOREST INFUSION WITH THE ESSENTIAL OILS**
MOUNTAIN PINE, SPRUCE AND MOUNTAIN JUNIPER

THURSDAY, OCTOBER 16

- **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 on 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.
- **FROM 07:30 PM: DESSERT BUFFET IN THE RESTAURANT**



FRIDAY, OCTOBER 17

- **08:00 AM: *PILATES WITH NADIA**
Meeting point: movement room on the 3rd floor
Duration: approx. 60 min., Price: € 15,00.
- **08:30 AM: *AUTUMN HIKE TO KUHLEITEN HUT**
We start our hike in Falzeben near Hafling. First, we follow the trail up to Piffinger Köpfl and continue below the Ifinger to the Oswald Chapel. From there, we ascend to the scenic Kuhleiten Hut, where we enjoy the extensive autumn panorama of the surrounding landscape. Lunch will be at the hut. The return route partly follows the same path.
Distance: approx. 6.5 km
Elevation gain: approx. 730 m
Total walking time: approx. 4-5 hours
Return: approx. 4-5 PM

