

## SATURDAY, JUNE 21

- **08:15 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 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 BLOOD ORANGE**

- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS  
OREGANO, LAVENDER AND SAGE**

## SUNDAY, JUNE 22

- **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  
16.06. - 22.06.



### 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, JUNE 16

- **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.
- **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: RELAXING INFUSION WITH THE ESSENTIAL OILS**  
SWISS STONE PINE, LAVENDER AND SAGE
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS**  
THYME, ROSEMARY AND HERB MIX
- **06:30 PM: WELCOME APERITIF IN THE HERB GARDEN**

## TUESDAY, JUNE 17

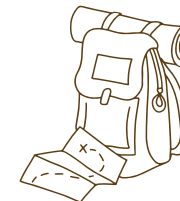
- **08:15 AM: \*PILATES WITH NADIA**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.
- **08:30 AM: \*HIKE TO THE SALTO NEAR SAN GENESIO – STUNNING DOLOMITE VIEWS**  
  
Start at the sports area in San Genesio above Bolzano. Easy and scenic hike across the Salto to the Tschaufenhaus Inn and on to Nobls to see the ancient earth pyramids.  
Lunch stop at Wieser Inn.  
Hiking time: approx. 4 hours      Elevation gain: 350 m  
Distance: approx. 15 km      Return: around 3:00 PM
- **04:00 PM: STRETCH AND RELAX**  
In the movement room, duration: approx. 50 min.

## WEDNESDAY, JUNE 18

- **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: \*HIKE TO IVIGNA SADDLE – IFIVIGNA HUT**

We take the hotel bus to the Naif cable car above Merano and ride up to Piffinger Köpfl (1,937 m). From there, we hike downhill at first, then ascend to the Ifingerscharte (2,267 m) and continue to the Rifugio Ivigna (1,815 m), where we stop for a shared lunch. After the break, we hike down to the cable car mid-station (1,470 m) and take the lift back down into the valley.  
Difficulty: hard, surefootedness & alpine experience required  
Hiking time: approx. 4 hours  
Elevation gain: 500 m ascent / 800 m descent  
Distance: 9 km  
Return: around 5:00 PM



## THURSDAY, JUNE 19

- **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.
- **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 WITH LIVE MUSIC**



## FRIDAY, JUNE 20

- **03:00 AM: \*SUNRISE HIKE TO LAVINASPIZ (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
- **08:15 AM: \*PILATES WITH NADIA**  
Meeting point: movement room at the 3rd floor  
Duration: approx. 60 min, Price: € 15,00.

