

SATURDAY, AUGUST 30

- **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: 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/LIME, MANDARIN AND BLOOD ORANGE
- **06:00 PM: HERBAL INFUSION WITH THE ESSENTIAL OILS**
MARJORAM, LAVENDER AND BASIL

SUNDAY, AUGUST 31

- **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

3RD THEINER'S
WINE SAFARI
25.08. - 31.08.



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, AUGUST 25

- **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.
- **06:30 PM: WELCOME APERITIF IN THE HERB GARDEN WITH THE THEINER FAMILY AND CHEF MARKUS**

TUESDAY, AUGUST 26

- **08:15 AM: *PILATES WITH NADIA**
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 BASIL**
- **05:30 PM: WINE TASTING WITH WITH REYTER FROM BOLZANO GRIES**
Meeting point: terrace
- **06:00 PM: FOREST INFUSION WITH THE ESSENTIAL OILS MOUNTAIN PINE, SILVER FIR AND JUNIPER**

WEDNESDAY, AUGUST 27

- **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: *WINE HIKE ALONG THE FAMOUS "GEWÜRZTRAMINER TRAIL" IN TRAMIN**
We will travel together with the hotel bus to Tramin, located below Lake Kaltern. The Gewürztraminer Trail stretches 3.5 km through the Mediterranean-like landscape of the Tramin vineyards,

then continues through the forest to the southern district of Rungg, before returning to the starting point.
Total walking time: approximately 2 hours
Elevation difference: approximately 150 m
Return: around 6:00 PM

- **04:00 PM: PEELING IN THE STEAM SAUNA**
- **05:00 PM: RELAXING INFUSION WITH THE ESSENTIAL OILS SWISS STONE PINE, BLOOD ORANGE AND BASIL**

THURSDAY, AUGUST 28

- **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.
- **05:00 PM: INFUSION WITH ESSENTIAL OILS**
- **06:00 PM: INFUSION WITH ESSENTIAL OILS**
- **FROM 07:30 PM: DESSERT BUFFET WITH LIVE MUSIC**



FRIDAY, AUGUST 29

- **04:30 AM: *SUNRISE HIKE TO THE CORNO BIANCO**
For adventurers! We meet at 4:30 AM at the reception and drive together to the Passo Oclini parking area in the Val d'Ega Valley (1,999 m – approx. 1-hour drive). After about 1 hour of hiking, we reach the summit of the Corno Bianco to witness the sunrise with a stunning 360° panoramic view of the surrounding mountains.
Elevation gain: 314 m
Hiking duration: approx. 2 hours (round trip)
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.

