Weekly program

MONDAY, 02 November

8.15 – 9.00 **Aqua gym**
Meeting point: Indoor Pool

9.00 – 10.00 **Yoga Day Start with Manuela**
Meeting point: Gym
8

11.00 **Kitchen presentation**
We meet at reception at 11.00. Head chef Eddi offers a behind-the-scenes look and shares one or two insider tips.
Meeting point: Reception
15

11.00 – 11.45 **Legs, core & body**
Meeting point: Gym

12.00 – 13.00 **Talk: nutrition & gut health with Sandra**
Meeting point: Lake House
8

12.30 – 15.00 **Homemade Pizza! By our pizzaiolo Alex**

Winery and Brewery visit with tasting
Exclusive insight into our winery and brewery. After the tour, we taste the wines and beers or find other regional specialties in the farm store.
- Can be arranged upon request -
4+

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

17.00 – 18.00 **Yoga Backbends with Sandra**
Meeting point: Gym
8

18.00 – 19.00 **Chakra Balance Meditation with Sandra**
Meeting point: Gym
8

TUESDAY, 03 November

8.15 – 9.00 **Aqua Yoga with Sandra**
Meeting point: Indoor Pool
8

10.00 – 14.00 **Bike tour (medium)**
Together with Helmuth we ride around the Mitterberg. Helmets are compulsory. Rental at reception. E-bikes for a fee.
Meeting point: Bike Room
9

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

17.00 – 17.45 **High intensity training**
Meeting point: Gym

18.00 – 19.00 **Yoga for shoulders, cervical spine & sound with Sandra**
Meeting point: Gym
8

19.00 **South Tyrolean specialities evening**
With 95%+ of products from the South Tyrol-Trentino region.

WEDNESDAY, 04 November

8.15 – 9.00 **Aqua gym**
Meeting point: Indoor Pool

9.00 – 10.00 **Yoga Energy & Joy of Life with Sandra**
Meeting point: Gym
8

10.00 – 10.45 **Cardio training**
Meeting point: Gym

11.00 – 11.45 **Balance with exercise ball**
Meeting point: Gym

11.00 **Hike to Montiggl**
Together with yoga teacher Manuela we hike through the Spring Valley to Montiggl. Anyone who wishes can join a breathing & Zen exercise session. Return at around 15.00.
- Total walking time there and back: approx. 3 h.
- Difficulty: easy/medium
- Snack included

Meeting point: Reception
Tue, 20.00 6+

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

18.00 – 19.00 **Yin Yoga Relax with Sandra**
Meeting point: Gym
8

20.00 **Distillates presentation**
Gut Kaltenburg presents its distillates at the hotel bar

THURSDAY, 05 November

8.15 – 9.15 **Morning Yoga with Manuela**
Meeting point: Gym
8

10.00 – 14.00 **Bike tour (demanding)**
Together with Helmuth we ride to Cortina - Magrè - Cortaccia - Termeno - Caldaro. Helmets are compulsory. Rental at reception. E-bikes for a fee.
Meeting point: Bike Room
9

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

16.00 – 17.00 **Introduction to Hormone Yoga with Sandra**
Meeting point: Gym
8

17.00 – 17.45 **Pilates**
Meeting point: Gym

18.30 **Live music with NOAH THANEI.**

18.00 – 19.00 **Yoga Slow Down with Sandra**
Meeting point: Gym
8

19.00 **Bella Italia specialities evening**
We will spoil you with a typical Italian menu

FRIDAY, 06 November

8.15 – 9.00 **Aqua Yoga with Sandra**
Meeting point: Indoor Pool
8

9.00 - 16.00 **Guided autumn hike on the Salten**
Together with hiking guide Josef.
Tour: 3.5 hours | 350 m elevation | 11 km
Requirement: easy hike throughout
More information about the tour:
Thu, 20.00 3-8

10.00 – 10.45 **Fitness consultation**
Meeting point: Gym

11.00 – 11.45 **Dumbbell training**
Meeting point: Gym

12.30 – 15.00 **Barbecue**

15.45 – 16.00 **Sound bath therapy with Petra**
Meeting point: Indoor Pool Area
8

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

18.00 – 19.00 **Yoga Brain Balance with Sandra**
Meeting point: Gym
8

20.30 **Dessert buffet**

SATURDAY, 07 November

8.15 – 9.00 **Pranayama breathing practice with Sandra**
Meeting point: Gym
8

9.00 – 10.00 **Yoga SEELEITEN Flow with Sandra**
Meeting point: Gym
8

12.30 – 15.00 **Törggelen**
Törggelen specialities on the Piazzetta with Suser (new wine) & roasted chestnuts.

15.30 – 17.00 **Sweet delicacies**
Our pastry chef Florian will spoil you with sweet treats at the hotel bar.

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

17.00 – 18.00 **Fascia Embodiment with Beats with Sandra**
Meeting point: Gym
8

18.00 – 19.00 **Yin Yoga Relax with Sandra**
Meeting point: Gym
8

SUNDAY, 08 November

8.15 – 9.00 **Pranayama breathing practice with Manuela**
Meeting point: Gym
8

9.00 – 10.00 **Yoga Empower Your Day with Manuela**
Meeting point: Gym
8

16. + 17. + 18.00 **Sauna infusion in Spa Sensea**

18.30 - 19.30 **Welcome aperitif**
From 18.30 to 19.30 at the hotel bar.

18.30 **Live music by DANIEL FAZIO.**

Registration required at reception (please note the deadline).

(max.) number of participants