



# Wellness Programme



| WEDNESDAY     |                                |
|---------------|--------------------------------|
| 11:30 – 12:30 | <b>Vinyasa Yoga Flow</b>       |
| 16:00 – 17:00 | <b>Heart-Opening Yoga Flow</b> |
| 17:15 – 18:00 | <b>Relaxation Yoga</b>         |

| SATURDAY      |                                  |
|---------------|----------------------------------|
| 09:00 – 10:00 | <b>Vinyasa Yoga Flow</b>         |
| 15:00 – 16:00 | <b>Spinal Flow Yoga</b>          |
| 16:15 – 17:00 | <b>Hatha &amp; Yin Yoga Flow</b> |

| THURSDAY      |   |
|---------------|---|
| 09:30 – 10:15 | <b>Mat Pilates</b>  |
| 11:30 – 13:30 | <b>Forest Hike &amp; Yoga</b><br><i>(CHF 30 per person)</i> |
| 17:15 – 18:00 | <b>Hike Recovery Yoga</b>                                   |

| SUNDAY        |  |
|---------------|--|
| 08:30 – 09:30 | <b>Mountain Breath<br/>– Meditation &amp; Yoga</b> |
| 15:00 – 16:00 | <b>Deep Stretch &amp; Mobility</b>                 |
| 16:15 – 17:00 | <b>Yin Yoga &amp; Meditation</b>                   |

| FRIDAY        |                          |
|---------------|--------------------------|
| 09:00 – 10:00 | <b>Yin Yoga</b>          |
| 15:00 – 16:00 | <b>Vinyasa Yoga Flow</b> |
| 16:15 – 17:00 | <b>Hip Opening Yoga</b>  |

| CLASS FEES   |                                  |
|--|----------------------------------|
| Morning classes  | Afternoon classes                |
| Complimentary for hotel guests<br>CHF 30 for external guests | CHF 30 per lesson for all guests |

For any class registration, please reserve your spot at least 24 hours in advance, or by 17:00 the day before, at the spa reception.