

Plan your Week



Useful tips & info directly on your smartphone
my.schwarzschild.com

S U 20.0.

M O 21.07

T U 22.07

W E 23.07

T H 24.07

F R 25.07

S A 26.07

S U 27.07

7:30 - 9:00 am
Kneipp, Meditation & Breathwork
with Jean Paul
Price: 18€

8:30 - 9:30 am
5 Tibeter
with Naomi
@arise

4:00 - 5:00 pm
Nervous System Reset: Relax and Unwind
with Daniel
Price: 18€
@arise

7:00 pm
Poolhouse Grill
Price: 75€ excl. beverages
@Villa Arnica

7:30 - 8:30 am
Early Rise Yoga
with Lili
@Glashaus

8:45 - 9:45 am
Early Rise Yoga
with Lili
@Glashaus

4:00 - 5:00 pm
Liebscher & Bracht Movement Therapy
with Barbara Rappensberger
Price: 35€
@arise

4:00 - 6:00 pm
Child Care
with Evi
@yurt

5:45 - 6:45 pm
5 Tibeter
with Naomi
@arise

7:30 - 8:30 am
Early Rise Yoga
with Lili
@Glashaus

8:45 - 9:45 am
Early Rise Yoga
with Lili
@Glashaus

9:00 am - 4:00 pm
Guided hike
with Heinrich

5:45 - 6:45 pm
Yin Yoga
with Michaela
@arise

7:30 - 8:30 am
Early Rise Yoga
with Lili
@Glashaus

8:45 - 9:45 am
Early Rise Yoga
with Lili
@Glashaus

5:45 - 6:45 pm
Yin Yoga
with Michaela
@arise

9:00 pm
Cinema Paradiso
„Il postino“
@Parkhotel Mondschein

7:30 - 8:30 am
Early Rise Yoga
with Lili
@Glashaus

8:45 - 9:45 am
Early Rise Yoga
with Lili
@Glashaus

4:00 - 4:40 pm
Soundbath
Price: 25€
@arise

4:00 - 6:00 pm
Child Care
with Evi
@yurt

5:45 - 6:45 pm
Yin Yoga
with Michaela
@arise

9:00 pm
Piano Session
with Nico Platter
@hotelbar

7:30 - 9:30 am
Wim Hof Methode
with Felix
Price: 35€
@Glashaus

7:30 - 8:30 am
Early Rise Yoga
with Lili
@arise

8:45 - 9:45 am
Pilates
with Anna
Price: 18€
@arise

5:45 - 6:45 pm
Evening Yoga Session
with Lili
@arise

6:30 - 9:30 pm
DJ'n'Drinks
with Dani Alessi
@Parkhotel Mondschein

7:30 - 8:30 am
Early Rise Yoga
with Lili
@Glashaus

8:45 - 9:45 am
Joyful Weekend Session
with Lili
@Glashaus

4:00 - 4:40 pm
Soundbath
Price: 25€
@arise

4:00 pm
Garden tour at Arnica Acker
with Jean Paul

5:45 - 6:45 pm
Soul FlowYoga
with Lili
@arise

7:30 - 9:00 am
Kneipp, Meditation & Breathwork
with Jean Paul
Price: 18€

8:30 - 9:30 am
Functional Fitness
with Samantha
@arise

9:00 am - 4:00 pm
Guided hike
with Heinrich

4:00 - 5:00 pm
Nervous System Reset: Relax and Unwind
Price: 18€
@arise

7:00 pm
Poolhouse Grill
Price: 75€ excl. beverages
@Villa Arnica

▲ move: inside & outside ● enjoy: music, talks & readings ■ explore: go out & find out

One activity per person per day is included - each extra activity is 18€

A fee of 10€ will be charged for the shuttle bus