

Plan your Week



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

S U 15.09.

M O 16.09.

T U 17.09.

W E 18.09.

T H 19.09.

F R 20.09.

S A 21.09.

S U 22.09.

▲ 8:30–9:30 AM
Functional Training
with Samantha
WITH REGISTRATION

■ starting at 6:30 PM
Poolhouse Grill
with Fiorentina
in the Villa Arnica
Sign up at the reception!

▲ 7:00–8:00 AM
Revitalizing morning
with Jean Paul
Price: 20.00€
Start at the reception
WITH REGISTRATION

▲ 7:30–8:30 AM
Gentle wake up
with Stefanie
WITH REGISTRATION

▲ 8:30–9:30 AM
Gentle wake up
with Stefanie
WITH REGISTRATION

● 3.30 PM
Soundbath
Price: 20,00 euro
WITH REGISTRATION

▲ 5:45–6:45 PM
Yoga: the 5 tibetans
with Naomi
WITH REGISTRATION

▲ 7:30–8:30 AM
Power Vinyasa
with Hanni
WITH REGISTRATION

■ 9:00 AM - 4 P M
Guided hike
with Heinrich
Sign up at the reception!

▲ 4:30–5:30 PM
Restorative Yoga
with Stefanie
WITH REGISTRATION

▲ 6:00–7:00 PM
Dance your inner wave
with Stefanie
Price: 15,00€
WITH REGISTRATION

▲ 7:30–8:30 AM
Detox yoga
with Stefanie
WITH REGISTRATION

▲ 8:30–9:30 AM
Detox yoga
with Stefanie
WITH REGISTRATION

● 4.00 PM
Soundbath
Price: 20,00 euro
WITH REGISTRATION

▲ 5:45–6:45 PM
Flowing yin
with Johanna
WITH REGISTRATION

▲ 8–9 AM
Hatha yoga
with Johanna
WITH REGISTRATION

▲ 9–10 AM
Hatha yoga
with Johanna
WITH REGISTRATION

▲ 5:45–6:45 PM
Yin yoga
with Johanna
WITH REGISTRATION

▲ 7:30–8:30 AM
Vinyasa flow
with Kathrin
WITH REGISTRATION

■ 9:00 AM - 4 PM
Guided hike
with Heinrich
WITH REGISTRATION

▲ 5:45–6:45 PM
Yin yoga
with Stefanie
WITH REGISTRATION

● 6:30 - 9:30 PM
DJ'n'Drinks
@Parkhotel Mondschein

● 9:00 PM
Jazz piano session
in the hotel lobby

▲ 7:30–8:30 AM
Breath and flow
with Stefanie
WITH REGISTRATION

▲ 8:30–9:30 AM
Breath and flow
with Stefanie
WITH REGISTRATION

▲ 5:45 - 6:45 PM
Slow Flow meets Yin
with Johanna
WITH REGISTRATION

▲ 8:30–9:30 AM
Morning session
with Stefanie
WITH REGISTRATION

■ starting at 6:30 PM
Poolhouse Grill
with Fiorentina
in the Villa Arnica
Sign up at the reception!