

Waldhotel course offer - for body and soul

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Course Morning	Vinyasa Yoga* with Debora				Aquafit with Claudia		
Time & Meeting Point	8.30 – 9.30 am Course room Aura I				8.30 – 8.50 am Indoor pool		
Course Noon							
Course Evening			Body & Soul with Zita			Weekend Yoga* and Breath Flow with Debora	
Time & Meeting Point			4.30 – 5.30 pm Course room Aura I			5.00 – 6.00 pm Course room Aura I	

*not always available due to holiday absences

Attention: the course program changes during the Waldhotel Hiking Weeks. Please enquire at our reception desk.

Our courses

AquaFit – Waldhotel Davos | Zita

The AquaFit is an optimal mix of strengthening and loosening exercises to revitalise your body for a good start to the day. Keep your body in shape and enjoy the pleasure of movement.

Body & Soul – Waldhotel Davos | Zita

A specially designed wellness programme that combines various holistic forms of exercise. The session begins with gentle elements of Tai Chi and Chi Gong to activate vital energy and promote inner calm. This is followed by strengthening Pilates exercises to stabilise the body, before the session is brought to a harmonious close with relaxing yoga elements.

"In short: a harmonious wellness programme for body and soul. The combination of Tai Chi, Chi Gong, Pilates and yoga promotes flexibility, strength, balance and inner equilibrium. Ideal for recharging your batteries, reducing stress and strengthening your personal well-being in the long term."

Forest bathing | Corinne Gut Glucker (not available in summer 2026)

Forest bathing is a mindful stay in the forest, where the focus is on absorbing the forest atmosphere and close contact with nature. Forest bathing is intended to help you slow down, find new joy in life and replenish your energy reserves.

Corinne Gut-Klucker, who runs the course, writes: We are part of nature and find our wholeness in it. Experience the wonders the forest reveals when we get in touch with it. Immerse yourself in the experience of the "forest universe" and feel it with all your senses.

Meditation and Stretching - Debora Accola (not available in summer 2026)

The perfect complement to an active day in the snow or simply for those who want to do something good for themselves. The class starts with a small, guided meditation and / or breathing exercise followed by gentle body warm up and stretching. This class is very good for releasing any blockades in the body and just letting go. The class always ends with the final yoga posture, savasana.

Yoga

Après-Ski Yoga – Yogaplaza (Winter season)

Arrive, let go and relax. Our Saturday afternoon Après Ski Yoga class invites you to relax after a day out in the snow. We surrender to gravity and simply let ourselves fall. Without a lot of strength and effort, the course gives us a pleasant stretching and more flexibility.

Hatha Yoga – Yogaplaza (not available in summer 2026)

Gentle Yoga is a Hatha Yoga style, as the name suggests, which is practised very gently in its approach. The pace is slow and no or only gentle vinyasa techniques (dynamic sequences) are used. In Gentle Yoga there is enough time to recover sufficiently between poses. It is particularly suitable for people who want to consciously glide slowly into the individual asanas (postures) and receive individual support in aligning themselves precisely to be able to hold the posture comfortably. Therefore, this form of yoga is also very suitable for beginners who have never practised yoga before or for practitioners who want to start practising yoga again after a long break. In addition to various gentle breathing exercises, deep relaxation and basic meditation techniques, impressions of mindfulness teachings are passed on.

Vinyasa Flow Yoga | Debora

Start your week with renewed energy and a dynamic Vinyasa yoga flow. Each asana begins with an inhalation and ends with an exhalation – creating a calm, flowing sequence of movements. This dynamic, clearly structured approach helps you become more aware of your body and mind and face stress with greater composure. With regular practice, you will strengthen your body, gain flexibility and balance – and develop greater inner clarity and mindfulness.

Weekend Yoga and breath flow - Debora

A relaxing Vinyasa yoga flow – ideal for the weekend, after a hike, or to bring the week to a mindful close. Gentle, flowing movements help you release tension and restore balance to your body. With simple, effective breathing techniques, you calm your nervous system, let go of stress and find true relaxation. This way, you start the new week feeling refreshed, clear-headed and full of fresh energy.

Yin Yoga – Yogaplaza (not available in summer 2026)

Long, deep, calm. That is Yin Yoga in a few words. Yin Yoga is a meditative, slow-paced style with a profound effect. Poses are held for a very long time (3–5 minutes). This allows all layers of the connective tissue – the ligaments, tendons, joints and muscular connective tissue (fascia) – to be stretched. On a physical level, Yin Yoga maintains and strengthens our natural flexibility, which tends to diminish with age. On an energetic level, it stimulates the body's meridian system, promoting the flow of energy (chi). The practice of Yin Yoga is the perfect complement to dynamic and invigorating yoga styles such as Vinyasa and Ashtanga, and prepares the body and mind for meditation.

In general - prices

Registrations for the courses are binding. Cancellations have to be made at least 24 hours before the start of the course. The minimum number of participants is 2. The maximum number of participants is usually 10.

Our yoga and meditation courses can also be booked as private lessons on request (date and time by arrangement). The price is CHF 110 for the first person. For each additional participant CHF 20 will be added.

Prices for our Waldhotel guests | Courses run by Waldhotel employees: **free of charge** – Courses run by Yogaplaza or other course instructors: special price **CHF 10** per person

Special offer Yoga & Wellness for external guests: CHF 52 (course participation lesson of your choice & wellness entry before or after the course)