

Waldhotel Course offers- for body and soul

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Course Morning Time & Meeting Point	Breathing exercises do-in with Claudia 8.30 – 8.50 am Gym "Wald & Fit"	Practicing mindfulness in nature with Harriet 8.30 – 9.30 am Practical part Entrance Waldhotel (course takes place in the forest) 9.30 – 10.30 am joint breakfast in the Waldhotel		Vinyasa Flow Yoga with Sabine 9.00 – 10.00 am Course room Aura I	Aquafit mit Claudia 8.30 – 8.50 am Indoor swimming pool	
Course Noon						
Course Evening Time & Meeting Point			Meditation with Martina 05.00 – 06.00 pm Course room Aura I			Après Ski Yoga with the Yogaplaza * team 05.00 – 06.00 pm Course room Aura I

*Course leader Yogaplaza

Breathing exercises – Waldhotel Davos

Do-in | Japanese stretching

Movement is life, a wise person once said. Movement, in whatever form it takes, increases a person's vitality and zest for life. Breathing and movement belong closely together. The Do-in movement exercises serve to stretch the meridians (energy pathways) in the body and are performed with great attention in the inhalation and exhalation phases. The overriding principle of all exercises is beneficial expansion, which gently awakens the whole body.

Mindfulness training - Yogaplaza

During mindfulness training in nature, we consciously want to include the environment in our exercises. We trust our senses, listen carefully, feel the wind, warmth and weather on our skin, the green of the trees and plants is good for our eyes, the silence brings us back to our senses, the silence brings us to ourselves. In this spirit, we perform various yoga exercises that bring us even closer to our centre and let us feel our body, the house in which we are supposed to feel at ease.

Meditation - Yogaplaza

In the meditation classes we learn different techniques from the Buddhist tradition. The classes are designed in different ways and we initially discuss different topics that can help us in our everyday life and in the current situation before we dedicate ourselves to practice together. In the classes we intergrate the knowledge of Western und Eastern psychology and Buddhism.

Vinyasa Flow Yoga - Yogaplaza

Each asana (position) begins with an inhalation and ends with an exhalation, creating a flowing sequence. The dynamic and structured approach helps to develop practical and philosophical awareness and observation of the body, its flowing energies and the mind., to face everyday stress with serenity and a clear mind. Through regular practice the body builds strength, flexibility and balance and the mind more awareness.

Aquafit – Waldhotel Davos

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.

Après-Ski Yoga - Yogaplaza

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.

Yin Yoga - Yogaplaza

Long, deep, calm. That is Yin Yoga described in a few words. Yin Yoga is a meditative, slow style with an enormous depth effect. Postures are held for a very long time (3-5 minutes). This allows all layers of the connective tissue - the ligaments, the tendons, the joints, the muscular connective tissue (fascia) - to be stretched. On a physical level, Yin Yoga maintains and strengthens our natural flexibility, which declines with age. On an energetic level, the body's meridian system is stimulated, which promotes the flow of energy (Chi). The practice of Yin Yoga is the optimal complement to dynamic and strengthening yoga styles such as Vinyasa and Ashtanga and prepares the body and mind for meditation.

Hatha Yoga - Yogaplaza

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.

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: special price CHF 10 per person

Special offer Yoga & Wellness for external guests: CHF 45 (course participation lesson of your choice & wellness entry before or after the course)