

Waldhotel course offer - for body and soul | during Waldhotel walking weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Course Morning	Forest bathing with Corinne			Aquafit with Claudia			Breathing exercices do-in with Claudia
Time & Meeting Point	8.30 – 9.30h Entrée of Waldhotel (course takes place in the forest)			8.00 – 8.30 am Indoor pool			8.00 – 8.30 am Gym "Wald & Fit"
Course Noon							
Course Evening				Vinyasa Yoga with Debora			
Time & Meeting Point				5.15 – 6.15 pm Course room Aura I			