

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Course Morning</b>	Forest bathing* with Corinne			Aquafit with Claudia			Breathing exercices do-in with Claudia
<b>Time &amp; Meeting Point</b>	<b>8.30 – 9.30h</b> Entrée of Waldhotel (course takes place in the forest)			<b>8.00 – 8.30 am</b> Indoor pool			<b>8.00 – 8.30 am</b> Gym "Wald & Fit"
<b>Course Noon</b>							
<b>Course Evening</b>			Vinyasa Yoga* with Debora				
<b>Time &amp; Meeting Point</b>			<b>5.00 – 6.00 pm</b> Course room Aura I				

\*not always available due to holiday absences