

## Waldhotel course offer - for body and soul

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Course Morning</b>	Forest bathing with Corinne		Progressive muscle relaxation with Claudia		Aquafit with Claudia		
<b>Time &amp; Meeting Point</b>	<b>8.30 – 9.30h</b> Entrée of Waldhotel (course takes place in the forest)		<b>8.30 – 9.15 am</b> Wald & Fit		<b>8.30 – 8.50 am</b> Indoor pool		
<b>Course Noon</b>							
<b>Course Evening</b>				Vinyasa Yoga with Debora			
<b>Time &amp; Meeting Point</b>				<b>5.15 – 6.15 pm</b> Course room Aura I			

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

## Our courses

### **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.

### **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.

### **Forest bathing | Corinne Gut Glucker**

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**

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.

### **Mindfulness training - Yogaplaza | available again from winter 23/24 at most**

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

### **Progressive muscle relaxation according to Jacobsen (new) - Waldhotel Davos | Claudia**

PMR is a simple and effective relaxation method to calm body and mind. It is based on the knowledge that muscle tension and mental state influence each other. Areas of application are chronic pain conditions, headaches, migraines, sleep disorders, stress or hyperactivity. In the long term, the following improvements have been observed: General well-being is lifted, increase in the ability to concentrate and react, improvement of sleep disorders, nervousness and restlessness, reduction of chronic and temporary pain, increase/strengthening of the immune system as well as prevention of cardiovascular diseases. This method is also frequently offered in rehabilitation clinics for relaxation.

## **Yoga**

### **Afternoon / Morning Yoga - Yogaplaza**

This class is suitable for beginners and experienced yogi:nis alike. The gentle postures (asanas) in this class awaken your body and let you start or end the day confidently, full of energy and gratitude. Each sequence is a fine blend of mobilising and powerful exercises taught by the Yogaplaza Davos teachers.

### **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**

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 - 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.

### **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.

### **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)**