

Grand Hotel Belvedere

Beaumer

	MONDAY Montag	TUESDAY Dienstag	WEDNESDAY Mittwoch	THURSDAY Donnerstag	FRIDAY Freitag	SATURDAY Samstag	SUNDAY Sonntag
8:00							
9:00					Yin Yoga	Vinyasa Yoga Flow	Mountain Breath Meditation & Yoga
10:00				Pilates			
11:00							
12:00			Vinyasa Yoga Flow				
13:00							
14:00							
15:00					Vinyasa Yoga Flow	Animal Kids Yoga (possible to join with the parents)	Deep Stretch & Mobility
16:00							
17:00			Heart-Opening Yoga Flow		Mindfulness Meditation		
18:00			Deeply restorative Yoga Nidra	Ski & Hike Recovery Yoga		Hatha & Yin Yoga Flow	Yin Yoga & Meditation
19:00							



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