

Preidlhof Sample Weekly Group Activities

"Reserved only for guests on the retreats, these special classes are the secret to the success of the programmes. Their synergy with the main treatments and the genius loci of Preidlhof expand their transformative power."

Patrizia Bortolin, Spa Designer & Holistic Coach

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|-------------------------------|--|
| 09.00-12.00 | 09.00-10.00 | 09.00-10.00 | 09.00-10.00 |
| FOREST BATHING with Irmgard | YOGA NIDRA | BAREFOOT MEDITATION | YOGA NIDRA |
| 13.00-14.00 | 12.00-13.00 | 13.00-14.00 | 10.00-11.00 |
| HERBAL RITUAL with Irmgard | VOCAL COACH | HERBAL RITUAL with Irmgard | MINDFUL EATING with Dr. Med. A. Angerer |
| 15.00-16.00 | 15.00-16.00 | 15.00-16.00 | 15.00-16.00 |
| DAO-YIN YOGA with Martin | TRANSFORMATIONAL DANCE with Martina | FACE YOGA | SENSORIAL COSMETIC EXPERIENCE |
| 18.00-19.00 | 18.00-19.00 | 18.00-19.00 | 17.30-18.15 |
| LAUGHTER YOGA with Patrizia & smile team | SENSORIAL EATING | MINDFULNESS | SOUND HEALING with coach Bettina |

| FRIDAY | SATURDAY | SUNDAY | NOTES |
|------------------------------|--|--|-------|
| 09.00-10.00 | 09.00-10.00 | 09.00-10.00 | |
| BAREFOOT MEDITATION | APPLE JOURNEY: SENSORIAL EATING | LAUGHTER YOGA with Patrizia & smile team | |
| 13.00-14.00 | 13.00-14.00 | 13.00-14.00 | |
| MINDFUL EATING EXPERIENCE | OLFACTORY JOURNEY with Patrizia | HERBAL RITUAL with Irmgard | |
| 18.00-19.00 | 15.00-16.00 | 15.00-16.00 | |
| YOGA NIDRA | MINDFULNESS | MEDITATION / MINDFULNESS with Stefano | |
| 18.30-19.45 | 18.30-19.45 | 18.30-19.45 | |
| QI GONG | LAUGHTER YOGA with Patrizia & smile team | MINDFUL RIVER WALK with Patrizia | |

Signature experiences at Preidlhof only