



**TRATTER
HOF**

MOUNTAIN
SKY HOTEL



Fitness und Entspannung mit Alexa

Pilates

Pilates

Pilates

Qi Gong

Qi Gong

Qi Gong

Bauch-Beine-Po

Allenamento GAG

Belly legs butt workout

**Stretching &
Mobilisation**

**Stretching &
mobilitazione**

**Stretching &
Mobilization**

Faszientraining

Training fasciale

Fascia workout

Morgenmeditation

Meditazione mattutina

Morning meditation

Rückenfit

Allenamento schiena

Backfit

Yin Yoga

Yin Yoga

Yin Yoga

Morgengymnastik

Ginnastica mattutina

Morning exercises

Jin Shin Jyutsu

Jin Shin Jyutsu

Jin Shin Jyutsu

**SKYOGA
& MENTAL**

TRATTERHOF

Weekly programme



Informationen, Zeiten und Datum der Kurse finden Sie auf unserem Wochenprogramm.
Informazioni, orari e date dei corsi si trovano nel nostro programma settimanale.
and English. Information times and dates of Yoga can be found on our weekly programme.