

ACTIVITIES WILL NOT BE OFFERED BETWEEN 29 AUGUST AND 2 SEPTEMBER 2021.

# VALSANA SPORTCLUB

## WEEKLY PROGRAM

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>ENERGISING MORNING YOGA</b> 08.00 - 09.00	<b>FLOW YOGA</b> 08.00 - 09.00	<b>ENERGISING MORNING YOGA</b> 08.00 - 09.00	<b>FLOW YOGA</b> 08.00 - 09.00	<b>GENTLE YOGA</b> 08.00 - 09.00
	<b>PILATES</b> 10.00 - 11.00	<b>MOVING MOUNTAINS TRAINING</b> 10.00 - 10.30	<b>HIKING - SCHWELLISEE</b> 09.00 - 11.00	<b>STAND UP PADDLING</b> 10.00 - 11.00	<b>PILATES</b> 10.00 - 11.00
<b>MOVING MOUNTAINS TRAINING</b> 16.00 - 16.30	<b>BIKE TOUR - FOREST BATHING - GRÜNSEELI</b> 16.00 - 18.00	<b>BLACK ROLL RELAXATION</b> 16.00 - 17.00	<b>PILATES RING</b> 16.00 - 17.00	<b>MOVING MOUNTAINS TRAINING</b> 16.00 - 16.30	
<b>DEEP RELEASE &amp; RESET</b> 18.30 - 19.30	<b>YOGA NIDRA MEDITATION</b> 18.30 - 19.00	<b>GENTLE YOGA</b> 18.30 - 19.30	<b>DEEP RELEASE &amp; RESET</b> 18.30 - 19.30	<b>YOGA NIDRA MEDITATION</b> 18.30 - 19.00	

**NUMBER OF PARTICIPANTS IS LIMITED TO 5 (incl. trainer)**

We ask for advance registration. Thank you for your understanding.

Free courses for hotel guests, for external guests CHF 30 per person

Registration directly at the reception or  
under +41 81 378 63 63, [info@valsana.ch](mailto:info@valsana.ch)

## SO SCHÜTZEN WIR UNS PROTECT YOURSELF AND OTHERS



**Maskenpflicht in allen öffentlichen Räumen.**  
Masks compulsory in all public areas.



**Abstand halten.**  
Keep your distance.



**Gründlich Hände waschen.**  
Wash your hands thoroughly.



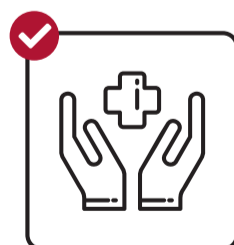
**Hände schütteln vermeiden.**  
Avoid shaking hands.



**In Taschentuch oder Armbeuge husten und niesen.**  
Cough and sneeze into a tissue or the crook of your arm.



**Bei Symptomen zuhause bleiben.**  
Stay at home if you experience symptoms.



**Nur nach telefonischer Anmeldung in Arztpraxis oder Notfallstation.**  
Always call ahead before going to the doctor's or the emergency department.

**IN DIESEM RAUM DÜRFEN SICH MAXIMAL 5 PERSONEN INKL. TRAINER AUFHALTEN.**

**Bitte vermeiden Sie die Durchmischung mit anderen Gästegruppen.**

**A MAXIMUM OF 5 PEOPLE INCL. TRAINER MAY BE IN THIS ROOM AT ANY ONE TIME.**

**Please do not mix with other groups of guests.**

# VALSANA