



## Seiser Alm Balance

### Preview weekly program

#### 10 May – 3 July 2021

Centre yourself with the power of nature. As the countryside awakens in spring, the urge to get out into the open air gets ever stronger and draws us out into the great outdoors and the spring air. Numerous guided events and workshops around the topics health, balance and relax will ensure you have all the basics you need off to a good start for the warm season.



#### MONDAY:

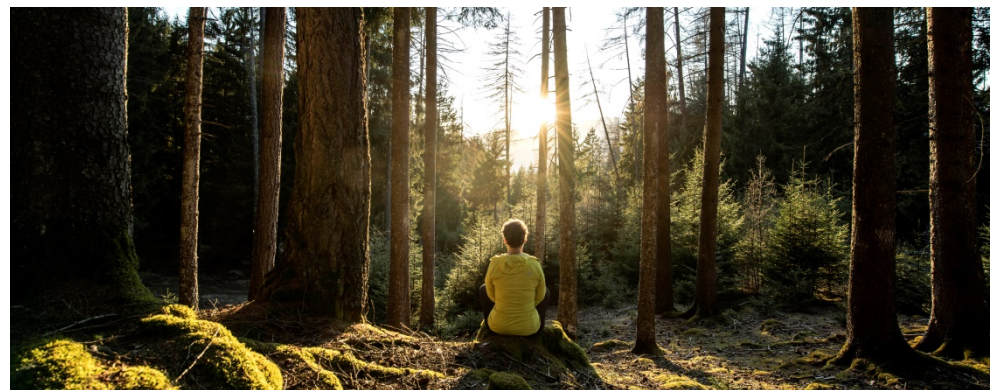
##### Orthopaedic foot analysis and the right equipment

**TIRES AL CATINACCIO:** Monday, 10.05., Tuesday 25.05., Monday, 07.06. and 21.06.2021

**CASTELROTTO:** Monday, 17.05., 31.05., 14.06. and 28.06.2021

from 4 to 6 pm

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass



#### TUESDAY:

##### Alpine forest bathing: breathe and recharge your batteries

**FIÈ ALLO SCILIAR, S. COSTANTINO:** 11., 18., 25. May; 8., 15., 22. and 29. June 2021

from 9 to 12 am

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass

#### WEDNESDAY:

##### Strength from the forest and healthy brunch

**TIRES AL CATINACCIO:** 12., 19., 26. May; 2., 9., 16., 23., 30. June 2021

from 8.30 to 11.30 am

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass



### **THURSDAY:**

#### **The Five Tibetans®: balance and activation in the morning**

**CASTELROTTO:** 13, 20. and 27. May; 10., 17., 24. June; 1. July 2021

from 7.30 to 9.00 am

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass

### **FRIDAY:**

#### **Bracing training in the Laranza wood**

**SIUSI ALLO SCILIAR, LARANZA:** 14., 21., 28. May; 4., 11., 18., 25. June; 2. July 2021

from 6.00 to 7.30 pm

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass

### **SATURDAY:**

#### **Morning daybreak workout with breakfast in the middle of nature**

**FIÈ ALLO SCILIAR, LAGHETTO DI FIÈ LAKE:** 15., 22. and 29. May; 5., 12., 19. and 26.

June; 3. July 2021

from 7.00 to 9.00 am

10.00 euro – FOR FREE with the Südtirol Alto Adige Guest Pass

### **INFORMATION AND REGISTRATION**

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