**THE PROGRAM**

**Alpine forest bathing**

**Völs am Schlern, St. Konstantin**The ethereal scents released by the trees strengthen our immune system and bring us a sense of inner peace. We can relax to our very depths and take a step close towards a life of vitality with new energy in our steps.

**Tuesday:** 09.05., 16.05., 23.05., 30.05., 06.06., 13.06., 20.06., 27.06.2023 from 9:00 to 12:00 am **Meeting point:** parking place in front of the St. Konstantin/S. Costantino church
**Registration:** until 5:00 pm on the day before the event
**Expert:** Monika Malfertheiner

**The Five Tibetans®- Balance for your everyday life**

**Kastelruth, Calvary Hill**

The “Five Tibetans®” is a series of five exercises for body and spirit. Their effect is holistic: The body is trained, metabolism boosted, immune system and hormone release harmonized, detoxification stimulated… and best of all: the exercises are easy for everybody and quick to learn.

**Wednesday**: 10.05., 17.05., 24.05., 31.05., 07.06., 14.06., 21.06., 28.06.2023 from 7:30 to 9:00 am
**Meeting point**: Kastelruth, fountain in the village centre
**Registration**: until 5:00 pm on the day before the event
**Expert:** Monika Malfertheiner

**Morning hike to the Tschafon mountain refuge with moutaineer breakfast**

**Tiers am Rosengarten**

During the guided hike from St. Zyprian to the Tschafon mountain hut with Egon, a breathtaking view of the surrounding Dolomites awaits you. In the cosy family-run Tschafon mountain refuge you will enjoy a special mountaineer breakfast with regional products.

**Thursday**: 11.05., 18.05., 25.05., 01.06., 08.06., 15.06., 22.06., 29.06.2023 from 6:30 – 10:30 am **Meeting point**: Parking place Weißlahnbad/Bagni di Lavina Bianca in St. Zyprian

**Registration**: until 3:00 pm on the day before the event
**Expert**: Egon Zuggal

**Morning walk with breakfast at the Völser Weiher lake**

**Völs am Schlern**From the tourist office in Völs am Schlern, the morning walk takes us to the Völser Weiher lake, which lies idyllically at the foot of the Sciliar. After some final stretching exercises, a regional breakfast awaits us in the Old Inn at the Völser Weiher lake.

**Saturday:** 13.05., 20.05., 27.05., 03.06., 10.06., 17.06., 24.06., 01.07.2023 from 7:30 to 10:30 am
**Meeting point**: Tourist office in Völs am Schlern

**Registration**: until 3 pm on the day before the event
**Expert**: Rudi Brunner/Egon Zuggal