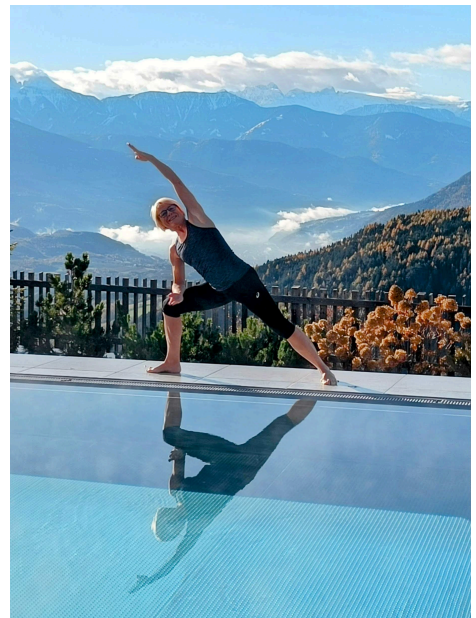


EDITH WENK



SKYOGA
& MENTAL

TRATTERHOF

EVENTWOCHE TRATTERHOF SKYOGA

05.10.-12.10.2024

09.11.-16.11.2024

PROGRAMM

Tone & Stretch

Samstag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

Sonntag

07:30 - 08:15 Uhr "Early Bird" Tone & Stretch"

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

Montag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

21:15 - 22:00 Uhr: Neurogenes Zittern

Dienstag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

Mittwoch

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

Donnerstag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch"

21:15 - 22:00 Uhr: Neurogenes Zittern

Freitag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

Samstag

07:30 - 08:15 Uhr: "Early Bird" Tone & Stretch

15:30 - 16:15 Uhr: "Faszien" Tone & Stretch

KURS IM HOTELPREIS
INKLUSIVE



TRATTER
HOF

Weekly programme

