



FORSTHOFALM
HOLZHOTEL

Daily: Mountain
Life Programm
with Yoga,
Meditation and
Fitness

Monday – Energy for the New Week

Breathwork Yoga in the forest

Sauna ritual with birch branches & alpine herbs

Tuesday – Time for Yourself

Forest bathing – finding silence between moss and morning light

Massage special at SPAnorama – 15% off all herbal treatments

Akari Beauty Moments – natural cosmetics to try (-15%)

Starlight & Silence – guided meditation under the mountain sky (or indoor alternative with singing bowls or a meditation ritual)

Wednesday – Pure Power

Golf with Tina (green fee not included)

Soundbath

Thursday – Feel the Flow

Sunrise yoga with a view of the Leogang Steinberge

Guided bike tour with a bike guide – start at 10:00 AM, duration 3 hours
(registration until 8:00 PM the day before, extra charge)

Friday – The Mountain Calls

Mobility flow – gentle outdoor morning stretching

Energy walk to the “Stillen Wasser” at Asitz

Get fit with Peter – (kick)boxing or an outdoor H.I.T. session

Digestif by the fire bowl (extra charge)

Saturday – First Ride, Then Dance at White Night Vibes

Guided bike tour with bike guide – start at 10:00 AM, duration 3 hours
(registration until 8:00 PM the day before, extra charge)

White Night BBQ – from the charcoal grill

White Night DJ set at the bar – house & afro house in a stylish atmosphere

Sunday – Slow Down Sunday

Late riser breakfast

Slow flow with Ikram

SUMMER
WEEKLY PROGRAMM