01.12.2025 - 05.12.2025

YOGA WEEK

Program

Welcome to the Yoga Week at DAS EDELWEISS.
All sessions are included in your stay and can be attended independently of one another. The classes are suitable for beginners as well as advanced practitioners.

MONDAY, 01. DECEMBER 2025

08:00 - 08:55 am	**Twist & Detox Yoga** Gentle twisting postures help release tense muscles and activate both the metabolism and the lymphatic system.
04:00 - 04:55 pm	**Flow to Slow Yoga** An activation of the muscles combined with gentle stretches that can guide the body into a pleasant state of calm.

TUESDAY, 02. DEZEMBER 2025

08:00 - 08:55 am	**Align Your Spine – Yoga for the Back** Mobilization and stabilization of the neck, shoulders, and back to support an upright posture.
03:00 - 03:55 pm	**Yoga & Matcha** Heart-opening, dynamic movements combined with releasing twists. An iced matcha latte completes the session.

We kindly ask you to register for the classes via the Guestnet or at the reception, as spaces are limited.

WEDNESDAY, 03. DECEMBER 2025

08:00 - 08:55 am	**Inner Fire – Core Activation** Strengthening the abdominal muscles for a stable center, inner alignment, and clarity.
03:00 - 04:15 pm	**Yoga Masterclass for Beginners** Introduction to the foundations of yoga, with insights into how joints, muscles, and breath work together.

THURSDAY, 04. DECEMBER 2025

08:00 - 08:55 am	**Mindful Morning Yoga** Gentle, breath-focused practice with heart-opening, dynamic movements and releasing twists.
04:00 - 04:55 pm	**Grounded in Gratitude** Standing postures and poses for strong legs, inner calm, and gratitude.

FRIDAY, 05. DECEMBER 2025

08:00 - 08:55 am	**Full Moon Yoga** Energizing morning flow that opens the body and sets the tone for a day of balanced energy.
02:30 - 03:25 pm	**Strong Back, Soft Front - Heartopening Session** Strengthening weak muscles in the back and stretching tense areas in the chest to support a stable posture.

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