SUNDAY

31st of August 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:30-11:00 am **ZUMBA WORKSHOP**
Meeting point: Exercise Room
with Marc Johnson

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

06:00-07:00 pm **CONCERT DURING DINNER**
Meeting point: Restaurant
with Manfred M.

To get off to a good start, we recommend watching our Lanserhof introductory film, especially for our first-time guests. You can play it on your TV in your room via the hotel menu.

MONDAY

1st of September 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:10-09:55 am **PILATES**
Meeting point: Exercise Room
with Stefan Motter

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

05:10-05:55 pm *** LONG BREATH, LONG LIFE – LANS EXPERIENCE**
We ask for punctual attendance
Meeting point: Yoga Room
with Hannes Brandl

***Limited number of participants – please register at reception**

TUESDAY

2nd of September 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:10-09:55 am **PILATES**
Meeting point: Exercise Room
with Mag. Ken Berger

02:30 pm *** COOKING WORSHOP: "THE HEALTHY & MODERN COOKING METHODS OF ENERGY CUISINE"**
Meeting point: Hotel Lobby
with a culinary expert

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

05:10 pm *** YOGA**
Meeting point: Yoga Room
with Anna Welinder

08:00 pm **CONCERT: "FAMILIE RUNGGATSCHER"**
Meeting point: Hotel Lobby
Tyrolean Folk Music

***Limited number of participants – please register at reception**

WEDNESDAY

3rd of September 2025

7:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

9:10-09:55 am *** YOGA**
Meeting point: Yoga Room
with Maria Posluschny

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

05:10-05:55 pm *** BIO LIFT EVOLUTION**
Meeting point: Exercise Room
with Dr. Jürgen Soutschek

06:00-07:00 pm **ENERGY CUISINE PRODUCT INFORMATION & SALE**
Meeting point: Hotel Lobby
with a culinary expert

07:00 pm **GOLF INFO**
Meeting point: Fireplace Room
with Golf Professional Toni Pittl

07:30 pm **LECTURE: "MICROIMMUNOTHERAPY –**
SUPPORT FOR A MISDIRECTED IMMUNE SYSTEM"
Meeting point: Conference Room
With Dr. Melanie Gatt

***Limited number of participants – please register at reception**

THURSDAY

4th of September 2025

7:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:10-09:55 am **LANSER HEALING EXERCISES**
Meeting point: Exercise Room
with Stephan Salzburger

01:00 pm **LECTURE: "HEALTHY DIET"**
Meeting point: Conference Room
with Mag. Ken Berger

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

05:10-05:55 pm *** SINGING BOWL MEDITATION (GERMAN)**
We ask for punctual attendance
Meeting point: Yoga Room
with Nicole Peter-Wett

***Limited number of participants – please register at reception**

FRIDAY

5th of September 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:10-09:55 am *** MEDITATION & DEEP RELAXATION**
Meeting point: Yoga Room
with Nicole Peter-Wett

11:00 am **LECTURE: "NUTRITION AFTER THE CURE"**
Meeting point: Conference Room
with Mag. Ken Berger

02:30 pm *** COOKING WORKSHOP (GERMAN):**
"POWER FRÜHSTÜCK"
Meeting point: Hotel Lobby
with a culinary expert (registration until noon)

3:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

08:00 pm **CONCERT: "TANJA PIDOT"**
Meeting point: Hotel Lobby
Piano, Double Bass & Vocals

***Limited number of participants – please register at reception**

SATURDAY

6th of September 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

10:00-11:30 am **WORKSHOP NEURODYNAMICS:**
"YOU CAN DO MORE THAN YOU CAN"
Meeting point: Exercise Room
with Dr. Jürgen Soutschek

02:00-05:15 pm *** „MODERATELY DIFFICULT HIKE TO A SPECIAL VIEWPOINT - ENJOY THE HIKING FEELING ON NARROW PATHS"**
Duration: 3,5 hours, 9 km - of which 3 km slightly uphill
(Take shirt to change & water with you)
Meeting point: Hotel Lobby
with Gigi Ahrer

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

***Limited number of participants – please register at reception**

SUNDAY

7th of September 2025

07:00 am **ACTIVE AWAKENING IN NATURE**
Meeting point: Hotel Lobby
with a trainer

09:10-09:55 am **MOBILISATION & STRETCHING**
Meeting point: Exercise Room
with Magan Prieto

03:00 pm **NORDIC WALKING**
Meeting point: Hotel Lobby
with a trainer

06:00-07:00 pm **CONCERT DURING DINNER**
Meeting point: Restaurant
with Reinhard Sch.

***Limited number of participants – please register at reception**