MONDAY
01st September

07.00 – 07.50	*AWAKENING BY THE SEA – WALK WITH EASY EXERCISES* Lobby
10.45 – 11.45	*HYPNOTIC RELAXATION* Room „Inspiration”
14.00 – 14.50	*NORDIC WALKING* Lobby
15.15 – 16.15	*BREATHE BETTER – OUTDOOR* Lobby
19.00 – 20.00	*SOUNDBATH* *Sound meditation* Room „Inspiration”

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TUESDAY
02nd September

07.00 – 07.50 *AWAKENING BY THE SEA –*
WALK WITH EASY EXERCISES
Lobby

10.45 – 11.35 *AQUAFIT*
Pool

14.15 – 15.05 *NORDIC WALKING*
Lobby

14.30 – 15.15 *LECTURE „INTRODUCTION TO THE LANSERHOF CURE"*
Lecture room

15.00 – 16.00 *COOKING CLASS*
"Lanserhof basics & ferments"
Show kitchen
Please register at the hotel reception until 1 pm

19.30 – 20.15 *LECTURE „LONGEVITY"*
Lecture room

WEDNESDAY
03rd September

07.00 – 07.50 *AWAKENING BY THE SEA – WALK WITH EASY EXERCISES*
Lobby

14.00 – 14.50 *NORDIC WALKING*
Lobby

15.15 – 16.15 *MOBILITY*
Room „Inspiration"

16.15 – 16.45 *„SUPPLEMENTS IN FOCUS"*
Q &A with our nutrionist
Kitchen

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THURSDAY
04th September

07.00 – 07.50 *AWAKENING BY THE SEA –*
WALK WITH EASY EXERCISES
Lobby

10.45 – 11.15 *BODY TONING*
Room „Inspiration"

14.00 – 14.50 *NORDIC WALKING*
Lobby

15.00 – 16.00 *COOKING CLASS*
"Indulgence without regret – desserts rethought"
Show kitchen
Please register at the hotel reception until 1 pm

17.15 – 18.00 *LECTURE „OSTEOPATHY"*
Lecture room

FRIDAY
05th September

07.00 – 07.50 *AWAKENING BY THE SEA –*
WALK WITH EASY EXERCISES
Lobby

10.45 – 11.35 *AQUAFIT*
Pool

14.00 – 14.50 *NORDIC WALKING*
Lobby

14.00 *„EMIL NOLDE – A PRIVATE COLLECTION"*
Shuttle to the exhibition/Keitum (Return trip at 16.00)
Please register at the hotel reception until 11 am

14.45 – 15.45 *PILATES*
Room „Inspiration"

19.30 – 20.30 *MEDITATION & YIN YOGA*
Room „Inspiration"

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SATURDAY
06th September

07.00 – 07.50 *AWAKENING BY THE SEA –*
WALK WITH EASY EXERCISES
Lobby

10.45 – 11.45 *MEDITATION*
Room „Inspiration"

14.00 – 14.50 *NORDIC WALKING*
Lobby

15.00 *SHUTTLE TO THE WESTBEACH*
Enjoy the beach and the sea
(Return trip at 17.00)

17.30 *FILM SCREENING „THE RELUCTANT TRAVELLER"*
An Apple TV production with Eugene Levy incl.
Lanserhof Sylt / Lecture room

18.30 – 20.30 *„EVENING PIANO MELODIES"*
Lobby

SUNDAY
07th September

07.00 – 07.50	*AWAKENING BY THE SEA – WALK WITH EASY EXERCISES* Lobby
14.00 – 14.50	*NORDIC WALKING* Lobby
15.15 – 16.15	*FASCIA YOGA FOR THE LUMBAR SPINE* Room „Inspiration"
17.30 – 18.30	*QI GONG – RELAXATION IN THE EVENING* Room „Inspiration"
18.30 – 20.30	*„EVENING PIANO MELODIES"* Lobby

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