MONDAY

SEPTEMBER 01st 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel reception
10.00-10.50	MEANINGFUL MOVE – CHEST Yoga Room
13.55-15.00	NORDIC WALKING - SLIGHTLY HILLY, 4 KILOMETERS Meeting point: Underground | parking area
15.00-15.45	LECTURE „INTRODUCTION LANSERHOF CURE“ Room „Inspiration“ Dr. med. Thorsten Kohlmann
16.00-16.50	YOGA Yoga Room
17.00-18-00	SAUNA INFUSION Sauna
18.45-20.15	PIANO LOUNGE – PIANO Lounge & Fireplace Regina Schuler
19.00-19.45	LECTURE “THE TRINITY OF BEING: BODY, MIND AND SOUL” Room “Inspiration” Julia Nirrnheim

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HIGHLIGHT
"MEANINGFUL MOVE"

We have developed our movement series "Meaningful Move" to teach you basic movement patterns of the body and to optimize your physical abilities.



You can take part in any of the four Meaningful Move classes within a week.

Exciting classes to improve breathing, increase hip mobility and stability, develop dynamic foot movements and promote shoulder dynamics.

We look forward to seeing you!

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TUESDAY

SEPTEMBER 02nd 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
10.00-10.45	DANCE Yoga Room
11.30-12.15	NUTRI TALK Our nutrition team will be available to answer any questions you have. Room "Inspiration"
13.55-15.00	SILENT WALK - SLIGHTLY HILLY, 4 KILOMETERS Enjoy the enriching experience of silence and walk in stillness. Meeting point: Parking Area
14.30-16.00	COOKING CLASS HOW TO COOK THE LANSERHOF ENERGY CUISINE AT HOME – BASICS Meeting point: Tealounge in front of our dining room Chef de cuisine Karsten Wolf and team
16.00-16.50	YOGA Yoga room
18.45-20.15	PIANO LOUNGE Lounge & Fireplace Peter Schützenberger
19.00-19.45	LECTURE "MICROBIOM, FIBERS AND IMMUNSYSTEM - HOW CAN I IMPROVE MY GUT HEALTH?" Room "Inspiration" Jürgen Autenrieth

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WEDNESDAY
SEPTEMBER 03rd 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
10.00-10.50	PILATES Yoga Room
11.30-12.00	LECTURE „INTRODUCTION LANSERHOF CURE“ Room „Inspiration“ Dr. med. Thorsten Kohlmann
13.55-15.30	NORDIC WALKING – SLIGHTLY HILLY, 6 KILOMETERS Meeting point: Underground | parking area
14.30-16.15	FERMENTATION COURSE – FERMENTED VERGETABLES Meeting Point: Tealounge in front of our dining room Jürgen Autenrieth
15.00-16.30	LADIES SAUNA Sauna
16.00-16:50	YOGA, BREATH AND MEDITATION Yoga Room
17.30-18.30	LANSERHOF TEGERNSEE - EVENING Our team de cuisine presents healthy Lanserhof products Tea Lounge
18.00-19.30	PIANO LOUNGE – PIANO SOLO Lounge & Fireplace Jonah Stabe

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THURSDAY

SEPTEMBER 04th 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
07.00-07.45	QI GONG Yoga Room
10.00-10.50	YIN YOGA Yoga Room
13.55-15.00	NORDIC WALKING - SLIGHTLY HILLY, 4 KILOMETERS Meeting point: Underground | parking area
16.00-17.00	FASCINATION GOLF Meeting point: Driving Range (Margarethenhof) Oliver Weigt, PGA Golf Professional
17.00-18.00	SAUNA INFUSION Sauna
18.45-20.15	INTERNATIONAL OLDIES Lounge & Fireplace Rowsekit
19.00-19.45	LECTURE "BRAIN HEALTH – MAINTAIN MENTAL PERFORMANCE INTO OLD AGE" Raum „Inspiration" Dr. med. Thorsten Kohlmann

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FRIDAY

SEPTEMBER 05th 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
10.00-10.50	MEANINGFUL MOVE - PELVIS Yoga Room
13.55-15.00	SILENT WALK - SLIGHTLY HILLY, 4 KILOMETERS Enjoy the enriching experience of silence and walk in stillness. Meeting point: Underground | Parking Area
17.00-18.00	SAUNA INFUSION Sauna
18.15-19.45	PIANO LOUNGE Lounge & Fireplace Marita Matschke

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SATURDAY
SEPTEMBER 06th 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
10.00-10.50	MEANINGFUL MOVE - FOOT Yoga Room
13.55-15.00	NORDIC WALKING - SLIGHTLY HILLY, 4 KILOMETERS Meeting point: Underground | parking area
18.45-20.15	PIANO LOUNGE Lounge & Fireplace Regina Schuler

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SUNDAY
SEPTEMBER 07th 2025

07.00-07.45	ACTIVE AWAKENING IN NATURE Meeting point: Hotel Reception
10.00-10.50	MEANINGFUL MOVE – SHOULDERGIRDLE Yoga room
13.55-15.30	NORDIC WALKING - SLIGHTLY HILLY, 6 KILOMETERS Meeting point: Underground | Parking Area
18.45-20.15	PIANO LOUNGE Lounge & Fireplace Die 4 Hinterberger Musikanten

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