

Seiser Alm Balance

Experiences for a dynamic, healthy spring

9 May – 1 July 2023

www.seiseralm.it/balance

When the days get longer in spring and nature awakens, the desire for outdoor exercise increases. With special "Balance" experiences you can recharge your batteries in and with nature.

A morning hike to the Tschafon mountain refuge, taking a bath in the forest, relaxing with The Five Tibetans® or a breakfast at the Völser Weiher lake...

The Balance experiences offer movement, relaxation and well-being for body and mind.

The **events and workshop are held every week** in the villages of Kastelruth, Seis, Völs am Schlern and Tiers am Rosengarten, and are suitable for adults and children aged 14 and over.

Weekly program:

TUESDAY:

Alpine forest bathing: breathe and recharge your batteries

VÖLS AM SCHLERN, ST. KONSTANTIN: 09.05., 16.05., 23.05., 30.05., 06.06., 13.06., 20.06., 27.06.2023

from 9:00 to 12:00 am

Participation fee: 20.00 Euro

THURSDAY:

Morning hike on the Tschafon mountain with mountaineer breakfast

TIERS AM ROSENGARTEN: 11.05., 18.05., 25.05., 01.06., 08.06., 15.06., 22.06., 29.06.2023

from 6:30 to 10:30 am

Participation fee: 38.00 Euro