

Weekly program

April 11th to April 17th 2023

Tuesday, April 11th	Wednesday, April 12th	Thursday, April 13th	Friday, April 14th
7:00–7:20 [RZ] Start into the day outside	7:00–7:20 [RZ] Start into the day outside	7:00–7:20 [RZ] Start into the day outside	7:00–7:20 [RZ] Start into the day outside
7:20–7:35 [AK] Walking through dew	7:20–7:35 [AK] Walking through dew	7:20–7:35 [AK] Walking through dew	7:20–7:35 [AK] Walking through dew
from 7:45 [GY] Stretching	7:45–8:15 [GY] stool gymnastics	from 7:45 [GY] Progressive Muscle relaxation	7:00 - 7:45 [GY] Drums Alive
	from 9:15 [SW] Aquafitness		from 7:55 [GY] Pilates
			from 9:15 [SW] Aquafitness
12:00–12:30 Introduction open cardio training	12:00–12:30 Introduction open cardio training		12:00–12:30 Introduction open cardio training
MilonCircle-> Please contact scheduling dept. (fee: 28€)	MilonCircle-> Please contact scheduling dept. (fee: 28€)	MilonCircle-> Please contact scheduling dept. (fee: 28€)	MilonCircle-> Please contact scheduling dept. (fee: 28€)
12:15–12:30 [KA] Prayer at noon	12:15–12:30 [KA] Prayer at noon	12:15–12:30 [KA] Prayer at noon in silence	12:15–12:30 [KA] Prayer at noon
from 14:00 [GY] Fascia regeneration	14:00–14:45 [TZ] German lecture: Kneippen und Saunieren	14:00 [RZ] Transfer into the city & Staatsbad	
	from 14:00 [GY] Body Fit	from 14:00 [GY] Stretching	from 14:00 [GY] Theraband
15:00–15:40 [KL/WM] German lecture Ärztl. Information für Erstfaster	15:00–16:00 [KL/AC] German lecture Megatrend Intervallfasten	14:30–15:30 [KL/AC] Round table: Rund ums Fasten	
	16:00–17:15 [LE/AW] german: Teaching kitchen (fee: 29€)	15:30–16:30 [KL/AC] Round table: Rund ums Abfasten	15:15 – ca. 16:30 [RZ] Nordic Walking
17:00–17:30 [KL/RM] German lecture Weckbecker-Vier-Säulen-Konzept			
17:30–18:00 [KL/RM] Round table: Fragen an den Arzt	15:15- ca. 16:30 [GY] Walking		16:00–17:15 [LE/AW] german: Teaching kitchen (fee: 29€)
from 17:30 [GY/DJ] Qi Gong	17:00–18:00 [KL/RM] German lecture Beschwerden aus dem Oberbauch		
		from 17:30 [GY/CO] Relaxation with singing bowls	
19:30–20:15 [KA/KE] Holy Mass	20:30–21:15 [GY/IJ] Autogenic training		

Weekly program

Openings Scheduling dept.

Tuesday/ Thursday:
8:15 – 11:30 and
14:00 - 15:00

Wednesday/Friday:
8:15 - 11:30

Saturday, April 15th	Sunday, April 16th	Monday, April 17th
		7:00–7:20 [RZ] Start into the day
7:20–7:35 [AK] Walking through dew		7:20–7:35 [AK] Walking through dew
7:30-8:00 [GY/CO] The sun prayer according to S. Painadath		7:45–8:15 [GY] Morning exercise
	from 9:00 [RZ/LoS] Guided Hiking	from 9:15 [SW] Aquafitness
	12:00-12:15 [KL] Live: Angelus	12:00–12:30 Introduction open cardio training
		MilonCircle-> Please contact scheduling dept. (fee: 28€)
		12:15–12:30 [KA] Prayer at noon
from 14:00 [RZ/WS] Guided Hiking		14:00 [RZ] Transfer into the city & Staatsbad
		from 14:00 [GY] Theraband
	14:00-16:00 [RZ] Concert in Staatsbad (transfer fee: 3 €)	
	Please remember your guestcard.	15:00–16:00 [KL/AC] Round table: Rund ums Fasten
		15:15 - ca. 16:30 [RZ] Nordic Walking
from 16:00 [GY/DJ] Qi Gong	from 16:00 [GY/SF] Yoga	16:30–17:30 [KL/AC] German lecture Clever Essen und Trinken
from 16:45 [KH] Creative Painting (15 €)		16:45-17:30 [GY] Drums Alive
		19:15-20:45 [GY/VM] Laughing Yoga
	from 19:30 [MA/AH] Meditation in silence	19:15-21:15 [RZ/WS] Guided evening hiking

Please register for **all offers**
in the scheduling dept.
Tel.: 820
or use the mailbox located
at the scheduling dept.

A guided tour with
information about the stay
takes place daily at 5:30 p.m.
Meeting point: reception.

Please remember to plan for
yourself with enough time
for breaks. Numerous offers
are repeated weekly.

Räume

BS: Blue Salon
BI: Library
GY: Gymnastic room
Gr 1: Group room 1
(near kitchen)
Gr 2: Group room 2
(House 1, near dining hall)
KL: Piano room
KA: Chapel (EG, Haus II)
LE: Kitchen (EG, Haus I)
MA: Meditationroom
(in the chapel)
RZ: Meeting pt. Reception
SW: Pool (EG, Haus I)
TZ: Therapy centre
KH: Art House

Lecturers/ therapists:

Andrea Chiappa [AC], Anne
Hartmann [AH], Anja Müller
[AM], Annette Martin [AMA],
Anne Neisser [AN], Anna
Spindler [AS], Ada von Ketteler
[AvK], Annette Weber [AW],
Carlo Hilsdorf [CH], Christine
Ortloff [CO], Detlef Just [DJ],
Detlev Rösemann [DR], Evelyn
Seyler-Thomson [ES], Felix
Müller [FM], Ingrid Jehn [IJ],
Jürgen Hüfner [JH], Jasmin
Schermer [JS], Dr. Joachim
Wernicke [JW], Pfarrer Karl
Ebner [KE], Lisa Kirsch [LK],
Lisa Sehnert [LS], Lothar
Schneider [LoS], Marek Jagos
[MJ], Maria Knüttel [MK],
Matthias Vollmuth [MV], Dr.
Martha Welchar [MW], Moud
Zeitler [MZ], Dr. Rainer
Matejka [RM], Ramona Simon
[RS], Stefanie Franz [SF],
Verena Heinle [VH], Waltraud
Schneider [WS]