

MEDITATION & FITNESS

at the thermal spa

The exercise and relaxation programme is free of charge for our hotel and spa guests!

External guests without a valid spa entry ticket will be charged € 16 per session.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30 - 11.00 Aqua aerobics	10.30 - 11.00 Aquatic band	10.30 - 11.00 Aqua Smovey	10.30 - 11.00 Aqua aerobics	10.30 - 11.00 Aquatic Band	10.30 - 11.00 Aqua aerobics	10.30 - 11.00 Aqua Smovey
11.00 - 11.30 Aqua smovey	11.00 - 11.30 Aqua aerobics	11.00 - 11.30 Aqua Stepper	11.00 - 11.30 Aqua Smovey	11.00 - 11.30 Aqua Dumbbell Workout	11.00 - 11.30 Aqua Smovey	11.00 - 11.30 Aqua Stepper
13.00 - 13.30 Be-Tomic				13.00 - 13.30 Be-Tomic		13.00 - 13.30 Be-Tomic
14.00 - 14.30 Aquatic band	14.00 - 14.30 Aqua Dumbbell Workout	14.00 - 14.30 Aqua aerobics	14.00 - 14.30 Aqua Dumbbell Workout	14.00 - 14.30 Aqua Stepper	14.00 - 14.30 Aquatic Band	14.00 - 14.30 Aqua aerobics
14.30 - 15.00 Aqua Dumbbell Workout	14.30 - 15.00 Aqua jogging	14.30 - 15.00 Aquatic Band	14.30 - 15.00 Aqua Stepper	14.30 - 15.00 Aqua Smovey	14.30 - 15.00 Aqua Dumbbell Workout	14.30 - 15.00 Aquatic Band
				15.00 - 16.00 Pilates		
					16.00 - 17.00 yoga for all	
16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony
17.00 - 18.00 Relaxation yoga		16.30 - 17.30 Health yoga	16.30 - 17.30 Yoga		17.05 - 18.05 yin yoga	

Subject to alterations. valid from Feb. 23.

No previous knowledge necessary! Detailed descriptions can be found on the back.



HOURS DESCRIPTION

Meeting point for aqua units: Depending on the weather, in the indoor or outdoor area thermal pool.

AQUA STEPPER

Besides the joint-protective aqua training your coordination skills and balance feeling will get better. The cardio training with the aqua stepper gets more effective and challenging due to the water resistance.

AQUA DUMBBELL WORKOUT

With the aqua dumbbells you train your strength, mobility and endurance. Support your vitality with this aqua strength training with dumbbells. The training with the dumbbells helps your coordination, balance, mobility and especially strength and endurance.

AQUATIC BAND

Experience the multifunctional usability of the elastic band in the water. With the AquaticBand you train a variety of muscle groups and you can define the intensity by yourself!

AQUA SMOVEY

This new form of aqua training improves endurance, strength and mobility. It also brings discharge to the spine, joints and bands.

AQUA AEROBICS

Experience an effective and invigorating aqua training session. Water combines many positive properties: You feel almost weightless, but your muscles have to fight against the water pressure. You will be impressed about effectiveness of this aqua training.

AQUA BE TOMIC

The Aqua-BeTomic from Beco is a training device for fast-paced aqua fitness or water gymnastics that are easy on the joints. In addition to strength and endurance, it also flexibility and coordination.

AQUA JOGGING

Aquajogging is a gentle, joint-friendly and at the same time very effective workout in the water. It is very suitable for people with limited mobility, for example due to joint pain or sports injuries. Recommended for senior citizens but also for beginners, amateur athletes and ambitious sportspeople, aqua jogging is ideal for training strength and endurance - without the painful impact loads that often cause problems such as runner's knee. This builds up muscles and activates the metabolism.

Meeting point for indoor / land activities: at the SPA reception.

We ask for your understanding that the maximum number of participants in our land units is 8 people - we therefore ask you to book in advance at the spa reception.

TEECEREMONIE

A warm welcome to all Linsberg Asia guests! As a sign of appreciation we invite you for a cup of tea. No registration required

YOGA / YIN YOGA / YOGA FOR ALL

You move your whole body and learn easy yoga asanas (body exercises) which have a positive impact on mobility and strength, and relieve muscle tensions as well. Energy can flow again. Perfect for stress reduction. This lesson is for everyone who is interested in yoga. Yin Yoga is a calm type of Yoga, the exercises are practiced lying or sitting. The main element of Yin Yoga is to relax with the individual Asanas and to breathe free. No previous experience necessary.

RELAXATIONAYOGA

The stressful challenges of everyday life demand an appropriate balance. In this yoga session you will experience relaxing, gentle yoga exercises, which stimulate blood circulation and release adhesions. This allows the energy to flow better again. Breathing exercises and meditation have an effect on the autonomic nervous system - this ensures regeneration and the build-up of the body's own reserves and defenses. You will feel wonderfully relaxed afterwards. Suitable for all, no previous knowledge required.

HEALTHSYOGA

Health Yoga is a mindful, breath-focused and anatomically Hatha Yoga. The symbiosis of breath, mobility and mindfulness helps to mobilise and strengthen your body. This way you loosen energetic blockades and your spirit calms down. Health Yoga is suitable for everyone, no previous experience necessary.

PILATES

is a systematic whole-body workout to strengthen the muscles, primarily the pelvic floor, abdominal and back muscles. In addition, breathing and body awareness are to be improved and perceived more consciously. Pilates is ideal for bringing the body into balance in a gentle way.