

# March Highlights

<i>Monday</i>	Wake up your body - Stretch & Mobility Early Bird Ski Detox Yoga & Breathwork Spring Tea Ceremony Après Chill on our bar terrace with Melli
<i>Tuesday</i>	Good-Mood-Yoga Leisure Skiing Herbal Workshop Fun & games for children Spring sauna infusions Late Night Spa
<i>Wednesday</i>	Spring booster - Speed Hike with ice bath Outdoor-Workout "Get fit for spring" Torchlight hike with hot chocolate at the Abergalm mountain hut Feel-Good-Yoga
<i>Thursday</i>	Morning Energy Hike Smoothie Workshop for spring energy Yoga in the forest Fondue at the Abergalm mountain lodge
<i>Friday</i>	Leisure Skiing Spring sauna infusions Roasting marshmallows on the bar terrace
<i>Saturday</i>	E-Biketour to the Ritzensee Lake Herbal hike Spring sauna infusions
<i>Sunday</i>	Lazy Breakfast Good-Mood-Walk Fresh Start Meditation Pumptrack Session for Kids