

FARMHOUSE

TORGGLER
HOF



weekly *program*

From 26.10. to 01.11.



MO 26.10.

8.15 AM - 9.15 AM

Back exercises *with Daniela**
(meeting point fitness room)

9.30 AM - 10.30 AM

Supervised training on the new fitness
equipment in the fitness room with Daniela
(you can also get the best hiking tips)

10.30 AM - 11.30 AM

Functional fitness workout with *Daniela**
(meeting point fitness room)

4.30 PM & 5.30 PM

Sauna infusion *with Benni*

6.00 PM & 9.15 PM

Pinzgauer ride *with Sepp*

6.15 PM

Yoghurt Peeling in the steam bath

9.15 PM

Cellar stories *with Martin**
(Meeting point Farm Shop)

TU 27.10.

8.00 AM - 9.00 AM

Hatha Yoga *with Tobi**
(meeting point yoga room)

9.10 AM - 9.50 AM

Mantra sound relaxation *with Tobi**
(meeting point yoga room)

4.30 PM & 5.30 PM

Sauna infusion *with Petra*

4.00 PM - 5.30 PM

Stick bread over a campfire *with Margie**
(Meeting point vegetable garden)

6.00 PM & 9.15 PM

Pinzgauer ride *with Sepp*



WE 28.10.

8.15 AM - 9.15 AM

Pilates flow *with Daniela**
(meeting point yoga room)

9.30 AM

Autumn hike on Mount Vigiljoch *with Steffi**
(Meeting point: reception)

9.30 AM - 10.00 AM

Supervised training on the new fitness
equipment in the fitness room *with Daniela*
you can also get the best hiking tips

10.00 AM - 11.00 AM

Tabata circuit training *with Daniela**

4.30 PM & 5.30 PM

Sauna infusion *with Steffi*

6.00 PM & 9.15 PM

Pinzgauer ride *with Sepp*

6.15 PM

Sugar Peeling in the steam bath

TH 29.10.

8.00 AM – 9.00 AM

Deep Slow Yoga *with Tobi**
(meeting point yoga room)

9.10 AM – 09.50 AM

Mantra meditation and sound
relaxation *with Tobi**
(meeting point yoga room)

4.30 PM & 5.30 PM

Sauna infusion *with Steffi*

4.00 PM

Farm tour *with Maria & Christian**
(meeting point Courtyard)

6.00 PM & 9.15 PM

Pinzgauer ride *with Sepp*



FR 30.10.

8.15 AM – 9.15 AM

Pilates for the back *with Daniela**
(meeting point fitness room)

9.30 AM – 10.30 AM

Supervised training on the new fitness
equipment in the fitness room with Daniela
you can also get the best hiking tips

10.30 AM – 11.30 AM

Mobility & Bodystretch *with Daniela**
(meeting point yoga room)

4.30 PM & 5.30 PM

Sauna infusion *with Benny*

5.30 PM – 8.00 PM

Apitivo & Cocktailbar
(Meeting point: the Farm Shop)

6.00 PM & 9.15 PM

Pinzgauer ride *with Sepp*

6.15 PM

Salt Peeling in the steam bath

SA 31.10.

3.30 PM

Halloween Party for Our Little Ghosts
(Meeting point: Courtyard)

4.00 PM – 5.00 PM

Yoga Flow *with Melanie**

4.30 PM & 5.30 PM

Sauna infusion *with Benni*

5.30 PM – 6.15 PM

Singing bowl meditation *with Silvia**

9.15 PM

Sommelierstalk *with Tobi**

SU 01.11.

8.00 AM – 9.00 AM

Vinyasa Yoga *with Magdalena**

9.20 AM – 10.00 AM

Meditation & Mindfulness
*with Magdalena**

4.30 PM & 5.30 PM

Sauna infusion *with Rudy*

6.15 PM

Hammam Peeling in the steam bath

*with registration