

ACTIVITIES TIMETABLE

Sun 02.07	Mon 03.07	Tue 04.07	Wed 05.07	Thu 06.07	Fri 07.07	Sat 08.07
08:00-08:45	08:00-08:45	08:00-08:50	09:00-12:00	08:00-09:00	08:00-08:45	08:00-08:45
Group Activity - Body Wake Up	Group Activity - Body Wake Up	Group Activity - Qigong	Group Activity - Hiking	Group Activity - Yoga	Group Activity - Body Wake Up	Group Activity - Stretching
Beach or Yoga Studio	Beach or Yoga Studio	Beach or Yoga Studio	Main Reception	Beach or Yoga Studio	Beach or Yoga Studio	Beach or Yoga Studio
18:00-18:45	16:00-17:30	18:00-18:45	18:45-19:45		18:00-18:45	
Group Activity - Stretching	Cooking Class: 150CHF per person*	Group Activity - Stretching	Meet & Greet Apero		Group Activity - Stretching	
Beach or Yoga Studio	Kitchen Area	Beach or Yoga Studio	Restaurant Garden		Beach or Yoga Studio	
	18:00-18:45					
	Group Activity - Stretching					
	Beach or Yoga Studio					

Advanced registration at Spa Reception is required for all activities. All group fitness classes have space for up to 5 people, with the exception of Aquagym which has space for 8 people.

*150,00 CHF per person

At Chenot, we value education and nurturing wellness. Therefore, we are delighted to share our knowledge with our guests on their wellness journey. In the upcoming week, we are pleased to provide the below lectures:

Group Activity - Qigong

Marie Anna Kovatsch

Tue: 08:00-08:50

The Baduanjin (Eight Brocades) is primarily designated as a form of medical Qigong, that has been practiced in China for over 1000 years. It has positive effects in strengthening, healing, balancing the body, mind and spirit by directing the Qi energy throughout the body and remove stagnant blockages. It consists of eight separate, delicate, and smooth exercise movements, which brings certain function-enhancing benefits to the organ systems. With respiratory adjustments Baduanjin aims to achieve self-psycho-somatic regulation resulting in a comprehensive exercise to achieve physical and mental harmony.