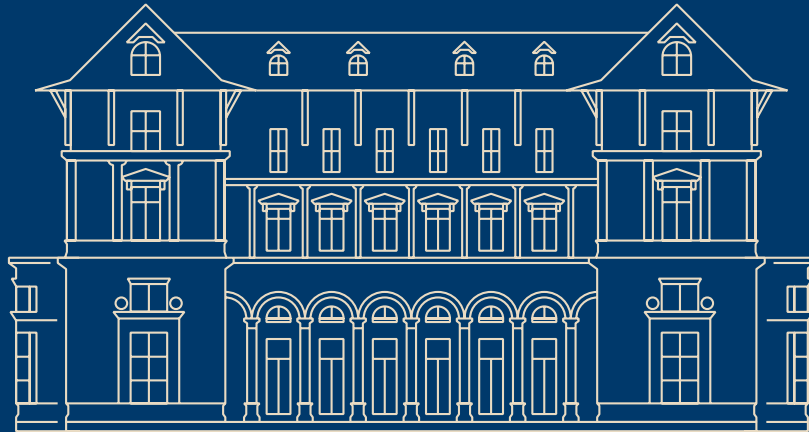




FALKENSTEINER

SPA RESORT MARIENBAD

Premium Collection



**Christmas and
New Year's programme**

2024/2025



Dear guests,

Welcome to the Christmas season in Marienbad. On behalf of my team, I would like to thank you for your visit and wish you a wonderful time at our Falkensteiner Spa Resort.

Our hotel was rebuilt 20 years ago after many years of vacancy as one of now 30 Falkensteiner Hotels, completely redesigned at that time and opened in its current form as a modern but tradition-conscious spa hotel. The history of our company began in South Tyrol, and the sons of the founders, Erich and Andreas Falkensteiner, have set an example through this hotel.

On the occasion of our **20th anniversary**, we have chosen South Tyrol as the motto for this year's Christmas programme. You can enjoy a range of festive activities and culinary delights during this special time.

I wish you relaxing hours and lots of fun!

Yours sincerely,

Reinhard Wall

Your host and hotel director



**Friday,
20th December**

LIBRARY BAR, 8.00 P.M.

ONE DOLLAR JAZZ

This jazz group will fill you with holiday cheer

**Saturday,
21st December**

RECEPTION, 1.30 P.M.

LOVE STORIES IN MARIÁNSKÉ LÁZNĚ

Thematic walk (1 hr 30 min)

(Language: Czech and German)

LIBRARY BAR, 8.00 P.M.

ROMAN FICTUM

Pop music with guitar and vocals

**Sunday,
22nd December**

RECEPTION, 1.30 P.M.

**JEWISH COMMUNITY
IN MARIÁNSKÉ LÁZNĚ**

Thematic walk (1 hr 30 min)

(Language: Czech and German)

LIBRARY BAR, 8.00 P.M.

JAZZ CAKES

Jazz tones will get you in the mood

**Monday,
23rd December**

SPA - ACTIVE POOL, 10.00 A.M.

AQUA FIT

Aerobic exercises to strengthen circulation and immunity

(Language: Czech and German)

SPA - GYM, 11.00 A.M.

PILATES*

Pilates improves posture and strengthens muscles

(Language: Czech and German)

**Please book in advance at the spa reception*

SAUNA, 2.30 P.M.

PEELING AT THE STEAM BATH

LIBRARY BAR, 8.00 P.M.

**CHRISTMAS MAGIC
by David Beznoska**





**Tuesday,
24th December
Christmas Eve**

SPA - SALTWATER POOL, 9.00 A.M.

AI CHI*

Relaxing exercises in the water

(Language: Czech and German)

**Please book in advance at the spa reception*

SPA - GYMNASTICS ROOM

10.00 A.M. Czech

11.00 A.M. German

**BIOENERGETIC EXERCISES
ACCORDING TO DR. LOWEN***

Exercises to dissolve energetic blockages
and increase well-being

**Please book in advance at the spa reception*

LIBRARY BAR, 5.00 P.M.

MR. WALL from the hotel management

welcomes you to the traditional Christmas toast
and singing of "Silent Night, Holy Night"



RESTAURANT, 6.00 P.M.

GALA DINNER

**„Modern Interpretation of
South Tyrolean Traditions“**

Musical accompaniment by David Beznoska

LIBRARY BAR, 8.00 – 10.30 P.M.

**DAVID BEZNOSKA continues the
evening with harmonic piano**

**Wednesday,
25th December**

SPA - SALTWATER POOL, 5.00 P.M.

FLOATING WITH SINGING BOWLS*

Relaxation in warm salt water accompanied
by the sound of singing bowls

(Language: Czech and German)

LIBRARY BAR, 8.00 P.M.

**DUO OF PETRA BRABENCOVÁ
with piano**



**Thursday,
26th December**

SPA - SALTWATER POOL, 9.00 A.M.

AI CHI*

Relaxing exercises in the water

(Language: Czech and German)

**Please book in advance at the spa reception*

SPA - RECEPTION

10.00 A.M. Czech

11.00 A.M. German

**HOW HIGH IS YOUR STRESS LEVEL AND
WHAT IS YOUR BIOLOGICAL AGE?**

The measurement with the 'Vitalmonitor'
will tell you



SPA - GYMNASTICS ROOM, 3.00 P.M.

YIN YOGA WITH SINGING BOWLS*

In this passive type of yoga, we stay in one
position for a longer time. Practicing Yin Yoga
relaxes the fascia, improves flexibility and mobi-
lity, and reduces stress and anxiety

(Language: Czech and German)

**Please book in advance at the spa reception*

LIBRARY BAR, 3.00 P.M.

TASTING OF SOUTH TYROLEAN WINES

with sommelier Mr. Markuzzi, the leading dis-
tributor of top Italian wines

Limited capacity - please register at the hotel reception

(Language: Czech and German)

LIBRARY BAR, 8.00 P.M.

VLADIMÍR SMUTNÝ -

Calm repertoire





Friday, 27th December

SPA - ACTIVE POOL, 10.00 A.M.

AQUA FIT

Aerobic exercises to strengthen circulation and immunity

(Language: Czech and German)

SPA - GYMNASTICS ROOM, 11.00 A.M.

PILATES*

Pilates improves posture and strengthens muscles

(Language: Czech and German)

**Please book in advance at the spa reception*

RECEPTION, 1.30 P.M.

FAMOUS PERSONALITIES IN MARIÁNSKÉ LÁZNĚ

Thematic walk (1 hr 30 min)

(Language: Czech and German)

LIBRARY BAR, 8.00 P.M.

DJ AT WORK -

Electronic lounge music

Saturday, 28th December

SPA - GYMNASTICS ROOM, 10.00 A.M.

SURYA NAMASKAR*

Dynamic flow for stretching and energy boost in the morning

(Language: Czech and German)

**Please book in advance at the spa reception*

RECEPTION, 1.30 P.M.

JEWISH COMMUNITY IN MARIÁNSKÉ LÁZNĚ

Thematic walk (1 hr 30 min)

(Language: Czech and German)

SAUNA, 2.30 P.M.

PEELING AT THE STEAM BATH

LIBRARY BAR, 8.30 P.M.

KATARÍNA ŠEVČÍKOVÁ -

plays harmonious melodies on the harp



Sunday, 29th December

SPA - GYMNASTICS ROOM, 11.00 A.M.

COORDINATION AND STABILITY*

Exercises to promote stability and coordination

(Language: Czech and German)

**Please book in advance at the spa reception*

SPA - SPA LOUNGE

2.00 P.M. Czech

3.00 P.M. German

PHYSICAL ACTIVITY in a climatic spa*

Why exercise in the fresh air is more beneficial than a workout at the fitness center

**Please book in advance at the spa reception*

LIBRARY BAR, 8.00 P.M.

LUCIE VÍŠKOVÁ -

Jazz Duo



Monday, 30th December

SPA - GYMNASTICS ROOM, 11.00 A.M.

CIRCUIT TRAINING*

Aerobic exercises are combined with strength training to create an effective and dynamic workout

(Language: Czech and German)

**Please book in advance at the spa reception*

RECEPTION, 1.30 P.M.

WRITERS IN MARIÁNSKÉ LÁZNĚ

Thematic walk (1 hr 30 min)

(Language: Czech and German)

SPA - GYMNASTICS ROOM

2.30 P.M. Czech

4.30 P.M. German

THE WAY TO BETTER SLEEP*

Yoga, mindfulness, and meditation can improve the quality of sleep

**Please book in advance at the spa reception*

LIBRARY BAR, 8.00 P.M.

„TRIO PO-PO“ -

vocal trio with piano brings out the Christmas atmosphere



Tuesday, 31st December

RECEPTION, 1.30 P.M.

THE POWER OF NATURAL HEALING SPRINGS

Thematic walk (1 hr 30 min)

(Language: Czech and German)

SAUNA, 2.30 P.M.

PEELING AT THE STEAM BATH

RESTAURANT, 6.00 P.M.

NEW YEAR'S EVE - GALA DINNER

Contemporary "Alpine-Adriatic"
cuisine with aperitif

Watch our pastry team assemble the dessert during dinner. Musical accompaniment by David Beznoska on piano

LIBRARY BAR, 9.00 P.M.

NEW YEAR'S EVE PARTY - DANCE INTO THE NEW YEAR with "THE STREAM" Prague's leading Party trio

Free entrance to dance floor and bar,
without seats

*Reservation of seats at a table for a surcharge,
bookable as of 30.12. at the hotel reception
Limited capacity, no seating guarantee*

MIDNIGHT

FIRE ON THE TERRACE

Hearty party - snacks at midnight



Special dietary requirements:

The set menus on Christmas Eve and New Year's Eve are available in a meat-free version for vegetarians. Individual dishes cannot be modified. Due to the complexity of the menu, please inform us 2 days in advance of any special dietary requirements.

From 20.12. we serve homemade Christmas cookies with your coffee or tea in the Library Bar.

Healthy and fit for the new year!

Every day, you can experience something special with our spa team. Take part in sports activities, walks, or workshops, and collect your stamps. For 10 collected stamps you will receive a nice gift from us. You can pick up your stamp card at the spa reception.



Wednesday, 1st January 2025

RESTAURANT, 8.00 A.M. - 1.00 P.M.

NEW YEAR'S EXTENDED BREAKFAST

LIBRARY BAR, 11.00 A.M. - 1.00 P.M.

BROADCAST OF THE NEW YEAR'S CONCERT of the Vienna Philharmonic Orchestra, conducted by Riccardo Muti

RECEPTION, 4.00 P.M.

TRADITIONAL NEW YEAR'S HIKE WITH TORCHES

At nightfall, we welcome the New Year with a walk through the town.

LIBRARY BAR, 8.00 P.M.

DAVID BEZNOSKA will close the New Year's Day with piano melodies



Welcome Home!

