

# CLUB WEEKS PROGRAMME

FALKENSTEINER BALANCE RESORT STEGERSBACH  
28 NOV 2026 - 13 DEC 2026

|  |  |  |  |  | SATURDAY, 28.11.  | SUNDAY, 29.11.   |
|--|--|--|--|--|---|--|
|  |  |  |  |  | 8:30-9:00<br><b>Good Morning Mobility</b><br><br>Course room  | 8:30 -9:00<br><b>Fascia-Rolling</b><br><br>Course room   |
|  |  |  |  |  |   | 11:00<br><b>Workshop: Make your own herbal tea</b><br>With herbs from our in-house permaculture garden.<br><br>Fee: € 10,-<br>Free of charge for Club Members. |
|  |  |  |  |  | 13:30<br><b>Cooking class</b><br>Cook the Garden - Comfort Dish<br><br>Fee: €15<br>Free of charge for Club Members. |  |
|  |  |  |  |  |   | 15:30 - 16:00<br><b>Stretch &amp; Relax</b><br><br>Course room   |

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FALKENSTEINER BALANCE RESORT STEGERSBACH  
28 NOV 2026 – 13 DEC 2026

| MONDAY, 30.11.   | TUESDAY, 01.12.   | WEDNESDAY, 02.12.   | THURSDAY, 03.12.  | FRIDAY, 04.12.   | SATURDAY, 05.12.  | SUNDAY, 06.12.  |
|--|---|---|---|--|---|---|
| 8:30-9:00<br><b>Healthy Back</b>   | 8:30-9:00<br><b>Spine Stretch</b>                                     | 8:30-9:00<br><b>Knee &amp; Hip Mobility</b>   | 8:30-9:00<br><b>Knee &amp; Hip Mobility</b>             | 8:30-9:00<br><b>Fascia Rolling</b>   | 10:00<br><b>Yoga</b><br>with Studio herzfeld                    | 10:00<br><b>Yoga</b><br>with Studio herzfeld  |
| Course room  | Course room   | Course room   | Course room   | Course room  | Course room   | Course room   |
| 11:00<br><b>Guided tour of the permaculture garden</b><br>with gardener Paul |   | 11:00<br><b>Workshop: Make your own herbal tea</b><br>With herbs from our in-house permaculture garden. |   | 15:00-15:45<br><b>Ice bathing</b><br>with Experience Concierge             |   | 11:00<br><b>Workshop: Make your own herbal tea</b><br>With herbs from our in-house permaculture garden. |
| Meeting point: Garden entrance   |   | Fee: € 10,-<br>Free of charge for Club Members.   |   | Meeting Point: Reception   |   | Fee: € 10,-<br>Free of charge for Club Members.   |
|  | 13:00-14:30<br><b>Chakra Trail Walk</b><br>the path to self-discovery |   | 14:00<br><b>Llama hike</b><br>with Experience Concierge | 17:00<br><b>Yoga</b><br>with Studio herzfeld                               | 13:30<br><b>Cooking class</b><br>Cook the Garden – Comfort Dish |   |
|  | Meeting point: Reception  |   | Meeting point: Reception<br>Fee: € 27,-                 | Course room  | Fee: €15<br>Free of charge for Club Members.                    |   |
| 15:30-16:00<br><b>Stretch and Relax</b>                                      |   | 15:30-16:00<br><b>Relaxation session</b>  | 15:30-16:00<br><b>Stretch and Relax</b>                 | Until Midnight<br><b>Midnight Spa</b><br>with sauna infusions & live music | 17:00<br><b>Yoga</b><br>with Studio herzfeld                    | 20:30<br><b>Torchlight walk</b><br>with Experience Concierge  |
| Course room  |   | Course room   | Course room   |  | Course room   | Meeting point: Reception  |

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FALKENSTEINER BALANCE RESORT STEGERSBACH  
28 NOV 2026 – 13 DEC 2026

| MONDAY, 07.12.                       | TUESDAY, 08.12.                                     | WEDNESDAY, 09.12.  | THURSDAY, 10.12.                          | FRIDAY, 11.12  | SATURDAY, 12.12.  | SUNDAY, 13.12.   |
|--------------------------------------|---|--|---|--|---|--|
| 8:30-9:00<br><b>Healthy Back</b>     | 9:00-10:00<br><b>Walk with activation exercises</b> |  | 8:30-9:00<br><b>Good Morning Mobility</b> | 8:30-9:00<br><b>Stretching</b>   |   | 8:30-9:00<br><b>Spine Stretch</b>  |
| Course room                          | Meeting point: Reception                            |  | Course room                               | Course room  |   | Course room  |
|                                      |   | 11:00<br><b>Workshop: Kräutertee selber machen</b><br>Mit Kräutern aus dem hauseigenen Permagarten.<br><br>Kosten € 10,-<br>Für Club Members kostenfrei. |   |  | 14:00-14:45<br><b>Ice bathing</b><br>with Experience Concierge<br><br>Meeting Point: Reception                      | 11:00<br><b>Guided tour of the permaculture garden</b><br>with gardener Paul<br><br>Meeting point: Garden entrance |
| 13:00-13:30<br><b>Fascia Rolling</b> | 13:00-13:30<br><b>Spine Stretch</b>                 |  | 13:00-13:30<br><b>Nordic Walking</b>      | 11:00<br><b>Fire &amp; mulled wine</b>                                     | 13:30<br><b>Cooking class</b><br>Cook the Garden – Comfort Dish<br><br>Fee: €15<br>Free of charge for Club Members. |  |
| Course room                          | Course room   |  | Meeting point: Reception                  | Meeting point: Pool terrace  |   |  |
| 16:00<br><b>Relaxation session</b>   |   | 16:00<br><b>Stretch &amp; Relax</b>  |   | Until Midnight<br><b>Midnight Spa</b><br>with sauna infusions & live music | 17:00<br><b>Sauna Festival</b>  |  |
| Course room                          |   | Course room  |   |  |   |  |