

# Lillee Mama&Baby Retreat



|               | TAG 1                                                                      | TAG 2                                                                       | TAG 3                                                                                   | TAG 4                                                |
|---------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------|
| 09:00 – 09:30 |                                                                            | <b>Mama Calm Morning Ritual</b><br><i>Yoga Room</i>                         | <b>Mama Calm Morning Ritual</b><br><i>Yoga Room</i>                                     | <b>Lillee Baby Yoga Gruppe 1</b><br><i>Yoga Room</i> |
| 09:30 – 10:00 |                                                                            | <b>Lillee Baby Floating Session</b><br><i>Gruppe 1 – Indoor Pool</i>        | <b>Lillee Baby Massage Arme &amp; Hände</b><br><i>Gruppe 1 – Yoga Room</i>              | <b>Lillee Baby Yoga Gruppe 2</b><br><i>Yoga Room</i> |
| 10:00 – 10:30 |                                                                            | <b>Lillee Baby Floating Session</b><br><i>Gruppe 2 – Indoor Pool</i>        | <b>Lillee Baby Massage Arme &amp; Hände</b><br><i>Gruppe 2 – Yoga Room</i>              | Ab 10:30 Verabschiedung & Check-Out - Lobby          |
| 12:00 – 12:30 |                                                                            | <b>Lillee Baby Massage Brust &amp; Bauch</b><br><i>Gruppe 1 – Yoga Room</i> | <b>Lillee Baby Massage Kopf &amp; Gesicht und Zahnungs-Workshop</b><br><i>Yoga Room</i> |                                                      |
| 12:30 – 13:00 |                                                                            | <b>Lillee Baby Massage Brust &amp; Bauch</b><br><i>Gruppe 2 – Yoga Room</i> |                                                                                         |                                                      |
| 12:30 – 14:15 |                                                                            | <b>Mittagessen</b><br><i>Restaurant 12HOEFE</i>                             | <b>Mittagessen</b><br><i>Restaurant 12HOEFE</i>                                         |                                                      |
| 13:30 – 18:30 |                                                                            | <b>Private Signature Mom Treatments</b><br><i>Acquapura Adults Only Spa</i> | <b>Private Signature Mom Treatments</b><br><i>Acquapura Adults Only Spa</i>             |                                                      |
| 15:00         | <b>Ankommen &amp; Vorstellung</b><br><i>Lobby</i>                          |                                                                             |                                                                                         |                                                      |
| 17:00 – 17:30 | <b>Lillee Baby Massage Beine &amp; Füße</b><br><i>Gruppe 1 – Yoga Room</i> |                                                                             | <b>Lillee Baby Massage Rücken &amp; Po</b><br><i>Gruppe 1 – Yoga Room</i>               |                                                      |
| 17:30 – 18:00 | <b>Lillee Baby Massage Beine &amp; Füße</b><br><i>Gruppe 2 – Yoga Room</i> |                                                                             | <b>Lillee Baby Massage Rücken &amp; Po</b><br><i>Gruppe 2 – Yoga Room</i>               |                                                      |
| Ab 18:30      | <b>Abendessen</b><br><i>Restaurant 12HOEFE</i>                             | <b>Abendessen</b><br><i>Restaurant 12HOEFE</i>                              | <b>Abendessen</b><br><i>Restaurant 12HOEFE</i>                                          |                                                      |