

CLUB WEEKS PROGRAMME

FALKENSTEINER BALANCE RESORT STEGERSBACH
28 NOV 2026 – 13 DEC 2026

					SATURDAY, 28.11.	SUNDAY, 29.11.
					8:00 Energizing Morning Pilates Intensity:*** with STUDIO herzfeld Course room	8:00 Energizing Morning Pilates Intensity:*** with STUDIO herzfeld Course room
					13:30 Cooking class Cook the Garden – Comfort Dish Restaurant IMAGO Fee: €15 (Free of charge for Club Members.)	11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden. Boardroom (Ebene 1) Fee: € 10,- (Free of charge for Club Members.)
					16:00–16:50 Yoga: Beginners' Class with Sandra König Course room Registration required	
					17:00 Pilates: Stretch & Release Intensity:** with STUDIO herzfeld Course room	

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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 Healthy Back	8:30-9:00 Spine Stretch	8:30-9:00 Knee & Hip Mobility	8:30-9:00 Healthy Back	8:30-9:00 Fascia Rolling	10:00 Yoga with STUDIO herzfeld	10:00 Yoga with STUDIO herzfeld
Course room	Course room	Course room	Course room	Course room	Course room	Course room
11:00 Guided tour of the permaculture garden with gardener Paul	11:00-11:30  Gua Sha Workshop by Merkur Health	11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden.	11:00-11:30 Small Touches, Big Impact Massage techniques for more well-being in everyday life.	15:00-15:45 Ice bathing with Experience Concierge		11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden.
Meeting point: Garden entrance	Boardroom Anmeldung erforderlich.	Boardroom (Level 1) Fee: € 10,- (Free of charge for Club Members.)	Boardroom (Level 1) Registration required	Meeting Point: Reception		Boardroom (Level 1) Fee: € 10,- (Free of charge for Club Members.)
	13:00-14:30 Chakra Trail Walk the path to self-discovery		14:00 Llama hike with Experience Concierge	17:00 Yoga with STUDIO herzfeld	13:30 Cooking class Cook the Garden Comfort Dish	
	Meeting point: Reception		Meeting point: Reception Fee: € 27,- Free of charge for Club Members.	Course room	Restaurant IMAGO Fee: €15 (Free of charge for Club Members.)	
15:30-16:00 Stretch and Relax		15:30-16:00 Relaxation session	15:30-16:00 Stretch and Relax	Until Midnight Midnight Spa with sauna infusions & live music	17:00 Yoga with STUDIO herzfeld	
Course room		Course room	Course room	Acquapura Spa	Course room	

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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 Healthy Back	9:00-10:00 Walk with activation exercises		8:30-9:00 Good Morning Mobility	8:30-9:00 Stretching		8:30-9:00 Spine Stretch
Course room	Meeting point: Reception		Course room	Course room		Course room
11:00-11:30 Essential Oils Tips & tricks for using essential and massage oils by Dr. Eberhardt 		11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden.	11:00-12:00 Vinoble – the power of the grape. Discover the active ingredients of the vine. 		13:30 Cooking class Cook the Garden Comfort Dish	11:00 Guided tour of the permaculture garden with gardener Paul
Boardroom (Level 1) Registration required		Boardroom (Level 1) Fee: € 10,- (Free of charge for Club Members.)	Boardroom (Level 1) Registration required		Restaurant IMAGO Fee: €15 (Free of charge for Club Members.)	Meeting point: Garden entrance
13:00-13:30 Fascia Rolling	13:00-13:30 Spine Stretch		13:00-13:30 Nordic Walking	16:00 Fire & mulled wine	14:00-14:45 Ice bathing with Experience Concierge	
Course room	Course room		Meeting point: Reception	Meeting point: Pool terrace	Meeting Point: Reception Registration required	
16:00 Relaxation session		16:00 Stretch & Relax		Until Midnight Midnight Spa with sauna infusions & live music		
Course room		Course room				