

Seiser Alm Balance

Top experiences for an active and healthy spring
09.05. – 02.07.2022

www.seiseralm.it/balance



MONDAY
7:30 – 9:00 am

The Five Tibetans® Balance for everyday life

Kastelruth, Calvary Hill
09.05., 16.05., 23.05., 30.05., 13.06., 20.06., 27.06.2022

REGISTRATION
at the tourist offices until the previous Saturday at 5:00 pm
or online at www.seiseralm.it/balance

PARTICIPATION FEE
15,00 euro per person

EXPERT
Monika Malfertheiner



TUESDAY
9:00 – 12:00 am

Alpine forest bathing Breathe and recharge your batteries

Völs am Schlern, St. Konstantin
10.05., 17.05., 24.05., 31.05., 14.06., 21.06., 28.06.2022

REGISTRATION
at the tourist offices until 5:00 pm on the day before the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
20,00 euro per person

EXPERT
Monika Malfertheiner



WEDNESDAY
1:00 – 5:00 pm

Nature's medicine chest Healing herbs excursion and preparation of a herbal remedy

Seis am Schlern
11.05., 25.05., 08.06., 22.06.2022

REGISTRATION
at the tourist offices until 12:00 noon on the day before the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
25,00 euro per person

EXPERT
Adelheid Plattner



FRIDAY
6:00 – 7:30 pm

Bracing training in the Laranza wood Simple exercises in nature with own body weight

Seis am Schlern, Laranza/Telfen
13.05., 20.05., 27.05., 03.06., 10.06., 17.06., 24.06., 01.07.2022

REGISTRATION
at the tourist offices until 12:00 noon on the day of the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
10,00 euro per person

EXPERT
Egon Zuggal

Guided events and workshops around the topics health, balance and relax in spring nature of the Dolomites region Seiser Alm.

The events will be held every week in the villages of Kastelruth, Seis am Schlern, Völs am Schlern, Tiers am Rosengarten and on the Seiser Alm, and are suitable for both adults and teenagers.



If you book a stay in one of the Balance partner accommodation, you can participate in the Balance experiences **free of charge**.

REGISTRATION

Registration at the tourist offices of the Dolomites region Seiser Alm or online www.seiseralm.it/balance.

KASTELRUTH, Tel. +39 0471 706 333
SEIS AM SCHLERN, Tel. +39 0471 707 024
VÖLS AM SCHLERN, Tel. +39 0471 725 047
TIERS AM ROSENGARTEN, Tel. +39 0471 642 127
SEISER ALM, Tel. +39 0471 727 904

SEISER ALM MARKETING
Tel. +39 0471 709 600, info@seiseralm.it
www.seiseralm.it/balance



MONDAY
4:00 – 6:00 pm

Orthopaedic foot analysis Advices about the right shoes for your feet

Kastelruth
09.05., 23.05., 20.06., 27.06.2022
(exception: Tuesday, 07.06.2022 from 5:00 to 7:00 pm)
Tiers am Rosengarten
16.05., 30.05., 13.06.2022

REGISTRATION
at the tourist offices until 12:00 noon on the day of the event
or online at www.seiseralm.it/balance

EXPERT **PARTICIPATION FEE**
Rudi Brunner 10,00 euro per person



WEDNESDAY
8:30 – 11:30 am

Morning hike in the forest with brunch The wood and healthy nutrition as source of regeneration

Tiers am Rosengarten
11.05., 18.05., 25.05., 08.06., 15.06., 22.06., 29.06.2022
(exception: Thursday, 02.06.2022)

REGISTRATION
at the tourist offices until 3:00 pm on the day before the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
25,00 euro per person

EXPERT
Egon Zuggal



THURSDAY
9:00 – 12:00 am

Mental training & grounding Connecting with nature to improve your mental and physical health

Seis am Schlern, Mirabell Alpine Garden Resort & Spa
12.05., 19.05., 26.05., 02.06., 09.06., 16.06., 23.06.2022

REGISTRATION
at the tourist offices until 3:00 pm on the day before the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
20,00 euro per person

EXPERT
Ruth Rieder



SATURDAY
8:00 – 10:00 am

Morning walk with breakfast in the middle of nature How to start the day right

Völser Weiher lake
14.05., 21.05., 28.05., 04.06., 11.06., 18.06., 25.06., 02.07.2022

REGISTRATION
at the tourist offices until 3:00 pm on the day before the event
or online at www.seiseralm.it/balance

PARTICIPATION FEE
25,00 euro per person

EXPERT
Rudi Brunner