



Park Hotel & Spa
KATHARINA

YOGA & AQUAFITNESS

*Appointments can also be arranged directly with
Ms. Kathrin Stark +49 (0) 152 219 100 94*

Wellness-Yoga 1-5 pers.

75 min 20 €

(Please register, every Saturday 16:30)

These courses are deliberately designed for yoga newbies. You will learn all the important basics of yoga: breathing, asanas, a bit of yoga philosophy and of course a lot of relaxation. No prior knowledge is required.

Aquawellness

40 min. 55 €

60 min. 70 €

Carried and trained by expert hands, the body guides weightlessly in the warm water. The muscles are massaged, the joints are gently relaxed and released. Harmony and well-being flow through the whole body. The treatment takes place in the thermal bath.

Other applications on request!

All applications subject to availability and prior booking. The terms and conditions apply. Cancellation of the applications up to 24 hours before possible. Cancellations from 23 hours before the start of the application will be charged at 50% of the application cost.