



VIER JAHRESZEITEN
SPA & FITNESS

FITNESS & WELLBEING ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 a.m.	Alster Energy Walk					Alster Energy Walk	
10:30 a.m.		Nordic Breath & Balance	Mindful Morning Meditation		Nordic Breath & Balance		
05:00 p.m.				Hanseatic Sauna Ritual			Hanseatic Sauna Ritual

Hanseatic Sauna Ritual

Experience 20 minutes of Nordic clarity and Hanseatic elegance. Delicate aromas accompany you through a restorative sauna infusion, evoking the vastness of the coast. Afterwards, take in the view across Hamburg's rooftops.

Duration: 20 minutes
Location: Aroma Sauna
Meeting point: Aroma Sauna

Nordic Breath & Balance

Begin the day with a focused breathing session. Guided techniques help to restore balance to the nervous system, encourage calm and clarity, and create a mindful transition into the day.

Duration: 30 minutes
Location: Relaxation Area
Meeting point: Spa Reception

Mindful Morning Meditation

This 20-minute meditation invites you to pause mindfully and let go for a moment. Gentle prompts and periods of silence create space for relaxation and renewed clarity.

Duration: 20 minutes
Location: Relaxation Area
Meeting point: Spa Reception

Alster Energy Walk

Enjoy 60 minutes of movement and renewed energy along the Outer Alster. A balanced combination of dynamic and leisurely walking intervals, complemented by mindful moments of rest.

Duration: 60 minutes
Level: Easy to moderate
Meeting point: Lobby