

Seiser Alm Balance

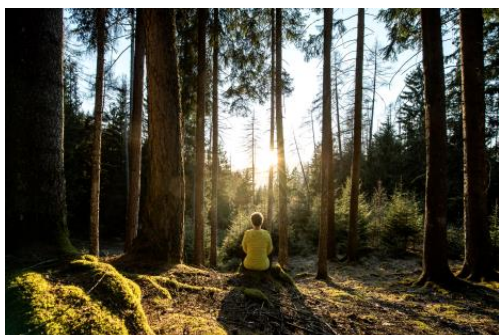
Active and healthy year round!

10.09. – 26.10.2019



Events preview

A variety of events and workshops in the theme of **wellness and relaxation** give you the chance to recharge your batteries for the upcoming winter and to take a time out of your daily routine. The guided experiences in the impressive autumn landscape guarantee **authentic moments of pleasure and harmony at energetic places** on the Seiser Alm and in the villages of Castelrotto, Siusi, Fié allo Sciliar and Tires al Catinaccio.



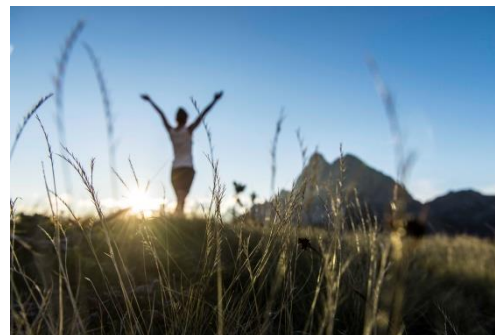
Forest and roots for your mental health

Siusi allo Sciliar
Tuesday: 10/09, 17/09, 01/10,
15/10/2019
15.30 – 18.30 p.m.



"Buckwheat" - Dishes and legends about the iconic South Tyrolean plant

Alpe di Siusi
Wednesday: 25/09, 09/10/2019
14.00 – 19.30 p.m.



The magic of the morning - Workout in autumn nature & alkaline breakfast

Castelrotto
Thursday: 12/09, 19/09, 03/10,
17/10/2019
6.30 – 10.00 a.m.



Strengthening workout on the Cross Fit Parcour at the Laghetto di Fiè lake

Fiè allo Sciliar
Friday: 13/09, 20/09, 27/09/, 04/10,
11/10, 18/10, 25/10/2019
17:30 – 19:00 p.m.



Yoga-Walking

Tires al Catinaccio
Saturday: 14/09, 21/09, 28/09, 05/10,
12/10, 19/10, 26/10/2019
14:00 – 16:00 p.m.

Participation fee: 10 euro a person. FREE for guests of tourist office partner! organisations!

Registration and info: T. +39 0471 709600, info@seiseralm.it,
www.alpedisiusi.info/balance