

In the months of May and June the Eggenal Valley will be holding a series of activities focusing on relaxation. Four experiences, which give the guests the chance to get back to nature and explore new paths to self-discovery, will be available per week.

What's included?

- 4 or 7 days accommodation
- **Power through meditative enjoyment**
Monday, around 7.30 p.m. - 10:00 p.m. with Erich Obkircher
Power through meditative enjoyment combines a sunset hike on the Corno Bianco with a spectacular dinner including alpenglow.
- **Power through sounds**
Tuesday, 10.00 am-3.00 pm hike, 4.00-5.00 pm Gong bath with Simone Lechner and Stefan Ausserer.
The experience "power through sounds" includes a breathing exercises and small meditations to five power places in the Dolomites, which have a certain magic inherent in them. Finally, there is a one-hour Gong bath in nature. (Experiences can also be booked individually)
- **Power through the earth**
Thursday, 09.30 am-3.30 pm with Alexander Bisan and Christian Schwarze
Power through the earth makes use of the regenerating effect of barefoot walking. Here the participant experience how barefoot running strengthens the organism and what else is available in nature to recharge the batteries.
- **Power through the senses**
Friday, 10.00 am-1.00 pm with Heike Herbst.
With strength through the senses you learn during a hike to get fully involved again with the here and now. The relaxation trainer appeals to all five senses, so the inner autopilot can be switched off and the carousel of thoughts can be stopped..

NOVA PONENTE – OBEREGGEN – EGA - MONTE S. PIETRO

Ganischgerhof Mountain Resort & Spa*****

Rio Nero 22 – 39050 Nova Ponente

Ph. +39 0471 616 504 – Fax +39 0471 616 444

office@ganischgerhof.com – www.ganischgerhof.com

02.06.-30.06.2019

7 days with fullboard and services from the first page.

Price per person from 651,00 Euro

Wellness & Vitalhotel Erica*****

Via principale 17 – 39050 Nova Ponente

Ph. +39 0471 616 517 – Fax +39 0471 616 516

info@erica.it – www.erica.it

7 days with ¾ board and services from the first page.

Price per person from 656,00 Euro

Hotel Pfösl*****

Rio Nero 2 – 39050 Nova Ponente

Ph. +39 0471 616 537 – Fax +39 0471 616 760

info@pfoesl.it – www.pfoesl.it

7 days with ¾ board and services from the first page.

Price per person from 876,00 Euro

Hotel Marica*****

Paese 30 – 39050 Ega

Ph. +39 0471 615 720 – Fax +39 0471 618 300

info@hotelmarica.it – www.hotelmarica.it

15.06.-22.06.2019

7 days with ¾ board and services from the first page.

Price per person from 679,00 Euro

Hotel Gasthof Stern*s**

Paese 18 – 39050 Nova Ponente

Ph. +39 0471 616 518 – fax +39 0471 616 766

info@hotel-stern.it – www.hotel-stern.it

7 days with half board and services from the first page.

Price per person from 522,00 Euro

Hotel Regglbergerhof*s**

Croce Vecchia 5 – 39050 Nova Ponente

Ph. +39 0471 616491 – fax +39 0471 616753

info@regglbergerhof.com – www.regglbergerhof.com

02.06.-22.06.2019

7 days with half board and services from the first page.

Price per person from 476,00 Euro

Residence Feldhof***

Via Castello Thurn 20 – 39050 Nova Ponente

Ph. +39 0471 616 696 – fax +39 0471 616 211

info@faller-wiesenhof.it – www.faller-wiesenhof.it

7 days in apartment and services from the first page.

Price per 2 people from 764,00 Euro

Residence Wiesenhof***

Via Holzer. 4 – 39050 Nova Ponente

Ph. +39 0471 616 593 or +39 0471 616 501

info@faller-wiesenhof.it – www.faller-wiesenhof.it

7 days in apartment and services from the first page.

Price per 2 people from 472,00 Euro

NOVA LEVANTE - CAREZZA

Rechenmachers Rosengarten****

Via Catinaccio 43 – 39056 Nova Levante

Ph. +39 0471 613 262 – Fax +39 0471 613 510

info@hotelrosengarten.it – www.hotelrosengarten.it

01.06.-22.06.2019

7 days $\frac{3}{4}$ board and services from the first page.

Price per person from 735,00 Euro

Charmehotel Friedrich*s**

Via Pretzenberg 16 – 39056 Nova Levante

Ph. +39 0471 613 104 – Fax +39 0471 614 249

info@friedrich.it – www.friedrich.it

7 days $\frac{3}{4}$ board and services from the first page.

Price per person from 700,00 Euro in double room

Hotel ADLER Carezza***

Via Carezza 104 – 39056 Nova Levante

Ph. +39 0471 613 073 – fax +39 0471 613 279

info@hoteladler.it – www.hoteladler.it

7 days with half board and services from the first page.

Price per person from 366,00 Euro
