Example Schedule - Yoga

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am		Green Juice	Green Juice	Green Juice	Green Juice	Green Juice	Green Juice	Green Juice
8am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am		Guided Meditation Free Time	Lift to Stellisee	Walk to Shalisee	Take E-Bikes to Stafelalp	Free Time Yin Yoga	Train to Riffelsee	Guided Meditation
10am			Flow				Flow	Guest Departure
11am				Mindfulness	Flow			
12pm		Lunch	Chef by The	BBQ Lunch	Al Fresco Lunch	Tili Toga	Packed Lunch	
1pm		Vinyasa Flow Massage	Nature Walk Back to The Chalet	Paddleboard Yoga	Cycle Back to Zermatt	Lunch in Chalet	Nature Walk to The Chalet	
2pm					Free Time	Nature Walk of The Hohenweg		
3pm								
4pm		Free Time	Free Time	Train Back to Zermatt	Mindfulness	Flow		
5pm				Free Time	Yin Yoga	Free Time for Additional Activities	Free Time for Additional	
6pm	Guest Arrival	Yin Yoga	Massage				Activities	
7pm	Yin Yoga		Pilates	Massage	Cooking Class			
8pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	