
WEEKLY PROGRAM



MONDAY 22 APRIL

MONTANA SPA

Do-In morning excersises - 10:00 to 10:30 a.m.

Registration: until Sunday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

KIDS PROGRAM

2:00 p.m. to 4:00 p.m.

"Fresh air":

We walk the fairytale trail together and visit
Murmin and Murmina.

4:00 p.m. to 6:00 p.m.

In the afternoon, we get out the puzzles and
table games and make ourselves comfortable.

MONTANA SPA

Sweet orange peeling - at 6:05 p.m. in our aroma steam bath

TUESDAY 23 APRIL

MONTANA SPA

Back excersises - 10:00 to 10:30 a.m.

Registration: until Monday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

KIDS PROGRAM

2:00 p.m. - 4:00 p.m.

We stroll through Samnaun and take part in a
race.

4:00 p.m. - 6:00 p.m.

"Come spring":
At the Murmeli Club, we do spring-related
crafts.

MONTANA SPA

Arnika peeling - at 6:05 p.m. in our aroma steam bath

WEDNESDAY 24 APRIL

MONTANA SPA

Yoga - 10:00 to 11:30 a.m.

Registration: until Tuesday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

MONTANA SPA

Bella Italia infusion - at 6:05 p.m. in our panorama sauna

WINE TASTING

Wine tasting - Red wines from the Rhone and Languedoc-Roussillon at 9:30 p.m. with certified
sommelier Thomas Monsberger

Registration and meeting point: at the reception | **Price:** CHF 75,- per person

THURSDAY 25 APRIL

MONTANA SPA

Stretching - 15:00 to 15:30 p.m.

Registration: until today at 10:00 a.m. | **Meeting point:** SPA reception in training clothes

KIDS PROGRAM

2:00 p.m. to 4:00 p.m.

"Outdoors without haste": Together we walk
a big round in the snow and build a snowman.

4:00 p.m. to 6 p.m.

It gets colourful at the Murmeli Club! We paint
with watercolours.

MONTANA SPA

Grapes and blossoms infuson - at 6:05 p.m. in our panorama sauna

FRIDAY 26 APRIL

MONTANA SPA

Do-In morning excersises- 10:00 to 10:30 a.m.

Registration: until Thursday at 22:00 p.m. | **Meeting point:** SPA reception in training clothes

KIDS PROGRAM

2:00 p.m. to 4:00 p.m.

We go out together and enjoy the fresh air.
A little surprise awaits you at the end.

4:00 p.m. to 6:00 p.m.

Back at the Murmeli Club, we listen to music
together and colour in mandalas.

MONTANA SPA

Mountain herbs peeling - at 6:05 p.m. in our aroma steam bath

SATURDAY 27 APRIL

MONTANA SPA

Breathing exercises - 10:00 to 10:30 a.m.

Registration: until Friday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

KIDS PROGRAM

2:00 p.m. to 4:00 p.m.

A walk to get to know each other. Great
questions and little surprises await you.

4:00 p.m. to 6:00 p.m.

„Book Journey”:
READ, LOOK, DISCOVER at the Murmeli Club.

MONTANA SPA

Kiwi land infusion 6:05 p.m. in our panorama sauna

SUNDAY 28 APRIL

MONTANA SPA

Walking meditation - 11:30 a.m. to 12:15 a.m

Registration: until Saturday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

MONTANA SPA

Mountain hike infusion - 6:05 p.m. in our panorama sauna

MONDAY 29 APRIL

MONTANA SPA

Breathing excersises - 15:00 p.m. to 15:30 p.m

Registration: until today at 10:00 a.m. | **Meeting point:** SPA reception in training clothes

MONTANA SPA

Fruit bomb infusion - at 6:05 p.m. in our panorama sauna

TUESDAY 30 APRIL

MONTANA SPA

Back excersises - 10:00 a.m. to 10:30 a.m

Registration: until Monday at 10:00 p.m. | **Meeting point:** SPA reception in training clothes

SAMNAUN TOURISM

Top of the Mountain Closing Concert Black Eyed Peas

Meeting point: 1:00 p.m. Idalp (AUT) Silvretta Ski-Arena Samnaun/Ischgl

Further information about the concert at www.samnaun.ch/konzert

MONTANA SPA

Honey experience infusion - at 6:05 p.m. in our panorama sauna



WE WISH YOU HAPPY HOLIDAYS!
