

THE ART OF Renewal

- Spring Program at
Villa Schindler
Lago di Garda



villa Schindler

Wellness weeks

Villa Schindler

Wellness Immersion Sample Day

07:30 - 09:30	Bright Beginnings Breakfast	Wellness Dinning Room VS
10:00 - 11:00	Yoga Practice	Lake Lawn
11:00 - 11:45	Living Life in Rhythm	Yoga Studio
12:30 - 14:00	In love with <i>Lunch</i>	Wellness Dinning Room
14:30 - 16:00	Forest Bathing Walk Experience	Depart from Reception
16:30 - 17:30	Relaxing Massage or Beauty Time	Massage Room
17:30 - 19:00	Introspection or Somatic Movement Time	Villa Schindler Spaces
19.00 - 20:30	Delightful Dinning	Wellness Dinning Room
Daily Group Gatherings (Morning and Evening Session)	Let's Talk About Wellness	Villa Schindler
22:00	Travels to Dreamland/Your Sleep Hygiene Ritual	Your Sleeping Room

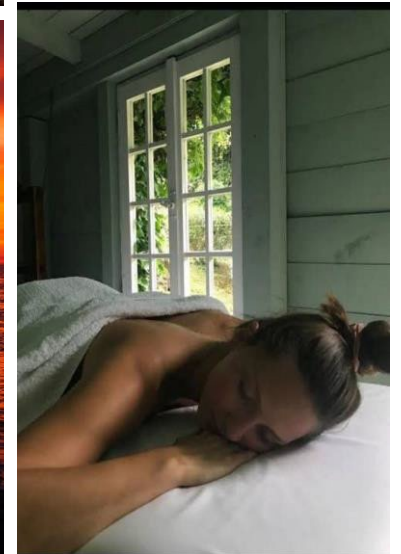


If you don't take time for your wellness, you will be forced to take time for your illness.

Food as Medicine



The Art of Living in
Wellness
Villa Schindler
Lago di Garda



Wellness is a sense of Place

We are looking forward to welcoming you to our
Natural Wellness