

Sports programme

Active

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| RUNNING AND JOGGING / NORDIC WALKING/ WALKING | Our park is ideally suited for running, Nordic walking and walking. Start your day with physical activity or go for a run in the evening sun – upon request, we can also provide a professional trainer for expert guidance and support. |
| TENNIS | Twelve perfectly prepared outdoor courts and six indoor courts invite players to a play a match. We would be happy to provide you with a professional trainer. |
| MOUNTAIN BIKING | Explore the city and/or surrounding region of Munich by bike with a guide. |
| BEACH VOLLEYBALL | Care for a round of beach volleyball? Our three beach volleyball courts are available for you day and night. A beach volleyball trainer would also be pleased to show you how it works. |
| FOR A HEALTHY BACK | Need an active break and would like to train your back muscles? A trainer will show you how you can effectively and efficiently strengthen your back. |
| POWER BREAK | Care for a short active break? Use our power break and introduce some additional power to your seminar or event. |
| TEAM BUILDING | We would be happy to make you an offer for team building for your group. |

Body and mind

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| YOGA | We all know that yoga is good for the body, mind and soul. Our yoga instructors would be happy to show you how to do it. |
| PILATES | Pilates not only strengthens stomach and back muscles, it can also relieve tension. We would be happy to provide you with a professional Pilates trainer. |
| TAI CHI/QIGONG | Why not start the day the Asian way. Our trained tai chi and qigong instructors will show you how you can recharge. |
| PROGRESSIVE MUSCLE RELAXATION | This relaxation technique can be done anywhere, standing, sitting, muscle relaxation lying down. Drop by this world of relaxation. |
| GUIDED IMAGERY AND MEDITATION | Tranquillity is the source of strength and you can replenish your energy reserves with guided imagery or mediation. |