MEDITATION & FITNESS
at the thermal spa

Daily registration at the spa reception for the indoor/land activities

prices	aquatic units	indoor/land units
thermal bath guests	free	from € 8,- per unit
External guests (without admission)	from € 16,- per unit	from € 16,- per unit
Hotel guests	free	free

LINS BERG ASIA

16+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW 10.30 - 11.00 **Aquadisk**	10.30 - 11.00 Aquatic band	NEW 10.30 - 11.00 **Aquadisk**	10.30 - 11.00 Aqua aerobics	10.30 - 11.00 Aquatic band	10.30 - 11.00 Aqua aerobics	NEW 10.30 - 11.00 **Aquadisk**
11.00 - 11.30 **Be-Tomic**	11.00 - 11.30 Aqua aerobics	11.00 - 11.30 **Aqua Stepper**	NEW 11.00 - 11.30 **Aquadisk**	11.00 - 11.30 Aqua Dumbbell Workout	11.00 - 11.30 **Be-Tomic**	11.00 - 11.30 **Aqua Stepper**
13.00 - 13.30 Aqua aerobics				NEW 13.00 - 13.30 **Aquadisk**		13.00 - 13.30 **Be-Tomic**
14.00 - 14.30 **Aquatic band**	14.00 - 14.30 Aqua Dumbbell Workout	14.00 - 14.30 Aqua aerobics	14.00 - 14.30 Aqua Dumbbell Workout	14.00 - 14.30 **Aqua Stepper**	14.00 - 14.30 Aquatic band	14.00 - 14.30 Aqua aerobics
14.30 - 15.00 Aqua Dumbbell Workout	14.30 - 15.00 **Aqua Jogging**	14.30 - 15.00 Aquatic band	14.30 - 15.00 **Aqua Stepper**	14.30 - 15.00 **Be-Tomic**	14.30 - 15.00 Aqua Dumbbell Workout	14.30 - 15.00 Aquatic band
	16.00 - 17.00 **soft yoga**			16.00 - 17.00 **synergy yoga**	16.00 - 17.00 **yoga for all**	
16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony	16.30 - 17.00 tea ceremony
17.00 - 18.00 relaxation yoga		16.30 - 17.30 health yoga	16.30 - 17.30 **yoga**		17.05 - 18.05 **yin yoga**	

Subject to alterations. Valid: March 2026

REGISTRATION REQUIRED

No previous knowledge necessary! Detailed descriptions can be found on the back.

HOURS DESCRIPTION

LINS BERG ASIA

Meeting point for aqua units: Depending on the weather, in the indoor or outdoor area thermal pool.

AQUA STEPPER
Besides the joint-protective aqua training your coordination skills and balance feeling will get better. The cardio training with the aqua stepper gets more effective and challenging due to the water resistance.

AQUA DUMMBELLL WORKOUT
With the aqua dumbbells you train your strength, mobility and endurance. Support your vitality with this aqua strength training with dumbbells. The training with the dumbbells helps your coordination, balance, mobility and especially strength and endurance.

AQUATIC BAND
Experience the multifunctional usability of the elastic band in the water. With the AquaticBand you train a variety fo muscle groups and you can define the intensity by yourself!

AQUA DISC
Aquadisc is an effective full-body workout in the water using a floating disc. Targeted balance and strengthening exercises gently improve stability, coordination, and deep muscle strength. The session is ideal for guests of all fitness levels and offers a safe, joint-friendly training experience.

AQUA AEROBICS
Experience an effective and invigorating aqua training session. Water combnines many positives properties: You feel almost weightless, but your muscles have to fight against the water pressure. You will be impressed about effectiveness of this aqua training.

AQUA BE TOMIC
The Aqua-BeTomic from Beco is a training device for fast-paced aqua fitness or water gymnastics that are easy on the joints. In addition to strength and endurance, it also flexibility and coordination.

AQUA JOGGING
Aquajogging is a gentle, joint-friendly and at the same time very effective workout in the water. It is very suitable for people with limited mobility, for example due to joint pain or sports injuries. Recommended for senior citizens but also for beginners, amateur athletes and ambitious sportspeople, aqua jogging is ideal for training strength and endurance - without the painful impact loads that often cause problems such as runner's knee. This builds up muscles and activates the metabolism.

Meeting point for indoor / land activities: at the SPA reception.

We ask for your understanding that the maximum number of participants in our land units is 8 people - we therefore ask you to book in advance at the spa reception.

TEECEREMONIE
A warm welcome to all Linsberg Asia guests! As a sign of appreciation we invite you for a cup of tea. No registration required

YOGA / YIN YOGA / YOGA FOR ALL
You move your whole body and learn easy yoga asanas (body exercises) which have a positive impact on mobility and strength, and relieve muscle tensions as well. Energy can flow again. Perfect for stress reduction. This lesson ist for everyone who ist interested in yoga. Yin Yoga is a calm type of Yoga, the exercises are practiced lying or sitting. The main element of Yin Yoga is to relax with the individual Asanas and to breath free. No previous experience necessary.

RELAXATIONAYOGA
The stressful challenges of everyday life demand an appropriate balance. In this yoga session you will experience relaxing, gentle yoga exercises, which stimulate blood circulation and release adhesions. This allows the energy to flow better again. Breathing exercises and meditation have an effect on the autonomic nervous system - this ensures regeneration and the build-up of the body's own reserves and defenses. You will feel wonderfully relaxed afterwards. Suitable for all, no previous knowledge required.

HEALTHSYOGA
Health Yoga is a mindful, breath-focused and anatomically Hatha Yoga. The symbiosis of breath, mobility and mindfulness helps to mobilise and strengthen your body. This way you loosen energetic blockades and your spirit calms down. Health Yoga is suitable for everyone, no previous experience necessary.

SOFT YOGA
A soothing yoga flow that gently gets you moving and helps you connect with your body. Through mindful exercises, conscious breathing, and slow transitions, you will find your center and bring your system back into balance. Ideal for releasing stress, recharging your batteries, and doing something good for yourself.

SYNERGY YOGA
A flowing yoga style that combines elements of Hatha, Vinyasa, Tai Chi, and Chi Gong.
The movements originate from the center of the body – powerful and gentle at the same time. Think less, feel more: this is how you find a meditative flow that connects you with your inner world and brings you into feeling. An experience of lightness, presence, and deep connection.

Participation in the lessons is at your own risk.