



Südtiroler **SPORTFORUM** Mals  
20. - 26. Juli | July | Luglio 2024



# Alpine YOGA ASAHI Nordic



We take the Bus from the Meeting point at 1:45 to the Watles parking area at the lift station. From there we will take the chairlift up to Watles Mountain and continue to hike about 30 min to the most beautiful place for gentle Asahi with breathing and awareness practices. Then we'll walk 500m to chill out by the lake and dip in for a refreshing swim! In alpine Asahi practice we will be consciously connecting with the elements of nature.

Welcome to Enjoy Being in Alpine Nature.



**Departure:**

01.45 p.m. at the Meeting Point

**Registration:**

at the Info Point until Monday – 11.15 a.m.

**Cover the costs by yourself:**

**14,00 Euro** (Berg- und Talfahrt) Chairlift up and down

**12,00 Euro** (Bergfahrt = Chairlift only to the top)

**10,00 Euro** (Watlesrider)

**15,00 Euro** (Bogenschnupperkurs) Archery trial course

**12,00 Euro** (E-Trials – 10 min. drivetime)

**Back to Mals:**

17:30/ 5.30 p.m. Bus from Watles to Mals