



June 20
until June 26
2022

Programme of the week

Hotel Reception	Anja (department head), Claudia, Janine, Daniela and Katharina	9 / 501 502
	Daily Cashier	7am – 7.30pm 7am – 6pm
Medical Reception	Babsi (department head), Maria, Alexandra, Carolina and Carina	514 508
	Monday to Friday Saturday	7.30am – 4.30pm 9am – 12 noon
Medical Night staff		599
Guest Relation	Beatrix Gasser	
Housekeeping	Silvia Gerstgrasser (department head)	569
Panorama Fitness area	Lisa, Jessi, Max and Dani	524
	Daily	7am – 10pm
Bath department	Daniela (department head), Claudia, Monika, Patricia and Heidi	512
Cosmetics	Sonja (department head), Tabea, Melanie, Andrea and Veronika	505
	Monday to Friday	8am – 6pm
Restaurant	Elisabeth (department head), Inge, Martina, Monika, Jasmina, Andrea, Zabi, Victoria, Alina, Eva, Leonie and Emma	517
	Breakfast Lunch Dinner	7.15am – 9.30am 12 noon – 1.30pm 6pm – 7pm
Hotel Shop	Ingrid and Mariam Monday to Saturday	541 9.00am – 01.30pm 5.00pm – 7.00 pm
Swimming pool	Daily	7am – 10pm
Textile sauna	Daily For all our guests – with swim wear	10am – 9.30pm
Sauna	For women For all our guests	2pm – 4pm 2pm – 9.30pm
Steam bath	Daily	2pm – 9.30pm
Infrared cabin	Daily	10am – 9.30pm
Table Tennis	Daily (except Wednesday)	6pm – 9.30pm
Internet / WLAN	<i>park_web</i>	open / free
Hairdresser	On request at the hotel reception (Tuesday till 02:00 p.m., Wednesday & Saturday whole day)	
Taxi		0664-5432969
Telephone information (for Austria and Germany)		11 8877
Telephone information (international)		900 11 8877

SMOKING & PHONE

Since health is central at Park Igls, the entire building is a smoke-free zone.

Please try not to make any undue noise (e.g. phones) in the restaurant and medical department.

Monday, June 20, 2022

Mrs. Daniela Grob, our permanent make-up specialist, will be in the beauty therapy department to give advice. Approx. 10 minutes. Please register at the beauty department.

06:45 **Drinking bitter water**

07:20 - **Morning group walk with guide**

07:50 meeting at the entrance

Registration at the medical reception **until 7 am** please.

07:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

08:00 - **Morning workout & mobilisation**

08:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

08:30 - **Knee stabilisation in the water**

08:55 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

10:00 - **Body Balance - balance & coordination training**

10:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

11:00 - **Forest walk for advanced walkers**

11:50 meeting at the entrance

Registration at the medical reception please (max. 5 participants).

14:00 - **Nordic walking**

14:50 meeting at the entrance

Registration at the medical reception please (max. 8 participants).

15:00 - **Habits - why we do what we do with Dr. Melanie Robertson in English**

15:50 in the meeting room (ground floor)

Registration at the medical reception please (max. 5 participants).

15:30 - **Aqua Jogging**

15:55 in the pool (ground floor)

Registration at the medical reception please (max. 6 participants).

16:30 - **"F.X. Mayr Regeneration - Theories in Diagnosis and Therapy"**

17:30 lecture by Dr. Peter Barth

in the conference room (German & English)

17:00 - **Yoga relaxation in German**

17:50 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

17:35 - **Evening group walk**

18:00 meeting at the entrance

Registration at the medical reception **until 3 pm** please.

19:00 **Movie night "The Gentlemen"**

American action comedy film with Matthew McConaughey & Hugh Grant

in the conference room (only in English)

Tuesday, June 21, 2022

- 06:45** **Drinking bitter water**
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- 07:20 -** **Morning group walk with guide**
07:50 meeting at the entrance
Registration at the medical reception **until 7 am** please.
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- 07:30 -** **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
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- 08:00 -** **Morning workout & mobilisation**
08:25 in the gym (basement)
Registration at the medical reception please (max. 8 participants).
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- 08:30 -** **Strength training in the water**
08:55 in the pool (ground floor)
Registration at the medical reception please (max. 4 participants).
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- 09:00 -** **Circuit Training advanced**
09:25 in the fitness room (3rd floor)
Registration at the medical reception please (max. 8 participants)´.
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- 10:00 -** **Forest walk for advanced walkers**
10:50 meeting at the entrance
Registration at the medical reception please (max. 5 participants).
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- 11:00 -** **Qi Gong - Exercises for relaxation and wellbeing in German**
11:50 in the gym (basement)
Registration at the medical reception please (max. 8 participants).
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- 11:10 -** **Mind-Set with Mag. Thomas Blasbichler in English**
12:00 in the meeting room (ground floor)
Registration at the medical reception please (max. 5 participants).
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- 13:00 -** **"Pre Shot" - preparation for a proper golf swing on the on-site chipping green in German**
13:50 meeting at the chipping green (in case of bad weather: in the gym/basement)
Registration at the medical reception please (max. 5 participants).
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- 13:30 -** **Herbal Workshop - preparation of herbal products (oil, salt, cream etc)**
15:30 costs: 40€ (including selfmade herbal products)
meeting point at the medical reception
Registration at the medical reception please (max. 4 participants).
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- 14:00 -** **Table Tennis - Flexibility, Coordination & Fun!**
14:25 in the gym (basement)
Registration at the medical reception please (max. 4 participants).
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- 14:10 -** **Be Mindful with Mag. Thomas Blasbichler in English**
15:00 in the meeting room (ground floor)
Registration at the medical reception please (max. 5 participants).
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- 15:00 -** **Aqua Jogging**
15:25 in the pool (ground floor)
Registration at the medical reception please (max. 6 participants).
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- 16:00 -** **Walk with Dr. Gartner**
17:30 meeting at the entrance (comfortable shoes are recommended)
Registration at the medical reception please.
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- 16:00 -** **Aufguss session in the Sauna with Master Naki**
18:00 Proper sauna with peeling, infusion, cooling, rest and drink
Registration please at the medical reception (max. 8 participants).
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- 16:00 -** **Exhibition of Sonnia Jewellery Design**
19:00 in the lobby
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Wednesday, June 22, 2022

- 06:45 **Drinking bitter water**
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- 07:20 - **Morning group walk with guide** meeting at the entrance
07:50 Registration at the medical reception **until 7 am** please.
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- 07:30 - **Hydrotherapy treatments (Kneipp Circuit)**
11:30 in our medical dept. 1st floor
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- 08:00 - **Morning workout & mobilisation** in the gym (basement)
08:25 Registration at the medical reception please (max. 8 participants).
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- 08:30 - **Joint mobilisation in the water** in the pool (ground floor)
08:55 Registration at the medical reception please (max. 4 participants).
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- 10:00 - **Trampoline Move - coordination & strengthening on the bellicon® trampoline for everybody** in the gym (basement)
10:25 Registration at the medical reception please (max. 4 participants).
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- 10:30 - **Coordination training** in the gym (basement)
10:55 Registration at the medical reception please (max. 8 participants).
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- 11:00 - **E-Bike - technique & short bike tour** meeting at the entrance
11:50 Registration at the medical reception please (max. 3 participants).
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- 11:00 - **Tyrolean State theatre "Kafka umírá - Kafka stirbt" (play)**
12:30 meeting at the entrance, departure at 10:15 a.m.
Registration until 10:00 a.m. the day before at the hotel reception please.
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- 12:30 - **Assistance to our guests**
13:20 in the fitness room (3rd floor)
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- 12:45 - **Golf excursion to the Golf Club Achensee**
19:00 meeting at the entrance, free ride by our shuttle bus to Pertisau, where Hanni Gartner will present you one of the nicest golf courses of Austria. One flight is available. Greenfee per person € 84,00. If the flights are not fully booked we are also pleased to welcome non-golfers to do a nice excursion. Registration at the medical reception please (max. 4 participants + 4 non-golfers).
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- 13:00 - **Nordic walking** meeting at the entrance
13:50 Registration at the medical reception please (max. 8 participants).
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- 14:00 - **Excursion to the Bergisel ski jump stadium & the new Tirol panorama museum**
16:30 meeting at the entrance, admission: EUR 14,00 per person
Registration until 10:00 a.m. at the hotel reception please (min. 4 participants).
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- 15:00 - **Introduction to therapy climbing**
15:25 Strengthening and mobilisation for the whole body - also suitable for beginners!
meeting in the gym (basement)
Registration at the medical reception please (max. 4 participants).
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- 15:00 - **Exhibition of jewellery by "EW Schreiber"**
19:00 in the lobby
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- 16:00 - **Hatha Yoga - Body, Breath & Meditation in German** in the gym (basement)
16:50 Registration at the medical reception please (max. 8 participants).
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- 16:30 - **Aqua Jogging** in the pool (ground floor)
16:55 Registration at the medical reception please (max. 6 participants).
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- 17:05 - **Evening group walk** meeting at the entrance
17:30 Registration at the medical reception **until 3 pm** please.
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- 19:30 - **Secrets of a long life**
20:30 lecture by Dr. Sonja Schottkowsky
in the conference room (German & English)
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- 19:30 - **Tyrolean State theatre "Sweeney Todd" (music theatre)**
22:20 meeting at the entrance, departure at 06:45 p.m.
Registration until 10:00 a.m. the day before at the hotel reception please.
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Thursday, June 23, 2022

06:45 **Drinking bitter water**

07:20 - **Morning group walk with guide**

07:50 meeting at the entrance

Registration at the medical reception **until 7 am** please.

07:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

08:00 - **Morning workout & mobilisation**

08:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

08:30 - **Back training in the water**

08:55 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

10:00 - **Relaxation training according to Jacobson with Mag. Thomas Blasbichler in English**

11:00 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

13:00 - **Golf - Putting & Chipping on the hotel's own chipping green in German**

13:50 meeting at the chipping green (in the case of bad weather: in the gym/basement)

Registration at the medical reception please (max. 4 participants).

13:00 - **Nordic walking**

13:50 meeting at the entrance

Registration at the medical reception please (max. 8 participants).

15:00 - **Exhibition of jewellery by "EW Schreiber"**

19:00 in the lobby

16:00 - **Easygoing Yoga in English**

16:50 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

17:00 - **Forest walk**

17:50 meeting at the entrance

Registration at the medical reception please.

19:30 - **The gut - custodian of health**

20:30 lecture by Dr. Richard Kogelnig

in the conference room (German & English)

19:30 - **Tyrolean State theatre "Tosca" (music theatre)**

22:15 meeting at the entrance, departure at 06:45 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

Friday, June 24, 2022

06:45 **Drinking bitter water**

07:20 - **Morning group walk with guide**

07:50 meeting at the entrance

Registration at the medical reception **until 7 am** please.

07:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

08:00 - **Morning workout & mobilisation**

08:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

08:30 - **Shoulder & arm training in the water**

08:55 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

10:00 - **Stress management with Dr. Melanie Robertson in English**

10:50 in the meeting room (ground floor)

Registration at the medical reception please (max. 5 participants).

11:30 - **Aqua Jogging**

11:55 in the pool (ground floor)

Registration at the medical reception please (max. 6 participants).

13:00 - **Excursion to Sterzing (South Tyrol / Italy) – Shopping tour (non guided)**

17:30 meeting at the entrance, costs: Euro 50,00 per person

Registration until 10:00 a.m. at the hotel reception please (min. 4 participants).

16:30 - **Into the weekend walk**

17:20 meeting at the entrance

Registration at the medical reception **until 3 pm** please.

19:00 **Music entertainment "Trio Tafelspitz"**

in the lobby

19:30 - **Tyrolean State theatre "Die Passagierin" (music theatre)**

22:20 meeting at the entrance, departure at 06:45 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

20:00 - **Tyrolean State theatre "Vögel" (play)**

21:50 meeting at the entrance, departure at 07:15 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

Saturday, June 25, 2022

06:45 **Drinking bitter water**

08:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

10:00 - **Morning workout & mobilisation**

10:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

10:30 - **Thera-Band training**

10:55 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

11:00 - **Aqua fit**

11:25 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

13:00 - **Assistance to our guests**

13:50 in the fitness room (3rd floor)

14:00 - **Visit to the Alpenzoo Innsbruck**

17:50 meeting at the entrance, costs: Euro 20,00 per person & admission Euro 13,00 per person

Registration at the hotel reception till 10:00 a.m. please (min. 4 participants).

14:00 - **Forest walk**

14:50 meeting at the entrance

Registration at the medical reception please.

15:00 - **Kybun Training - balance and coordination**

15:20 in the gym (basement)

Registration at the medical reception please (max. 4 participants).

19:00 **Movie night "Das perfekte Geheimnis"**

German comedy film with Karoline Herfurth & Elyas M'Barek

in the conference room (only in German)

19:00 - **Tyrolean State theatre "Die Passagierin" (music theatre)**

21:50 meeting at the entrance, departure at 06:15 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

Sunday, June 26, 2022

06:45 **Drinking bitter water**

08:30 - **Hydrotherapy treatments (Kneipp Circuit)**

11:30 in our medical dept. 1st floor

10:00 - **Morning workout & mobilisation**

10:25 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

10:30 - **Stretching & Mobilisation**

10:55 in the gym (basement)

Registration at the medical reception please (max. 8 participants).

11:00 - **Knee stabilisation in the water**

11:25 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

13:00 - **Nordic walking**

13:50 meeting at the entrance

Registration at the medical reception please (max. 8 participants).

14:00 - **The correct (healthy) swimming technique**

14:50 in the pool (ground floor)

Registration at the medical reception please (max. 4 participants).

17:30 **Welcome cocktail followed by a brief explanation of the first therapy day**

meeting at the tea bar / at the fireplace

19:00 - **Tyrolean State theatre "Sweeney Todd" (music theatre)**

21:50 meeting at the entrance, departure at 06:15 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

19:30 - **Tyrolean State theatre "Kafka umírá - Kafka stirbt" (play)**

21:00 meeting at the entrance, departure at 06:45 p.m.

Registration until 10:00 a.m. the day before at the hotel reception please.

Information for our motion programs (see next page)

Possible changes will be printed in the daily morning post. Our Sports trainer will be at your disposal for further information regarding our sport program at the fitness area (3rd floor).

There are 5 divisions of our motion programs:

- I). Cardiovascular/metabolic
- II). Muscle toning/strength training
- III). Flexibility
- IV). Relaxation
- V). Sensorimotor/coordination

■ energising ■ relaxing

Vital programme - overview

In case of conflicting schedules with your personal therapy plan please contact the medical reception.
Possible changes will be printed in the daily morning post.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)		
08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)		
08:30 - 08:55 Knee stabilisation in the pool (II+V)	08:30 - 08:55 Strength training in the pool (II)	08:30 - 08:55 Joint mobilisation in the pool (II+III)	08:30 - 08:55 Back training in the pool (II)	08:30 - 08:55 Shouldertraining in the pool (II)		
10:00 - 10:25 Body Balance (V)	09:00 - 09:25 Circuit Training (II)	10:00 - 10:25 Trampoline training (II+V)	10:00 - 11:00 Relaxation training Jacobson (IV) in English	10:00 - 10:50 Stress management (IV) in English	10:00 - 10:25 Morning gymnastics (I+II)	10:00 - 10:25 Morning gymnastics (I+II)
11:00 - 11:50 Forest Walk (I)	10:00 - 10:50 Forest Walk (I) 10:00 - 11:00 11:00 - 11:50 Qi Gong (V+IV) in German 11:10 - 12:00 Mind-Set (IV) in English	10:30 - 10:55 Coordination training (V+II) 11:00 - 11:50 E-Bike Tour (I)		11:30 - 11:55 Aqua jogging in the pool (I+II)	10:30 - 10:55 Thera-Band training (II) 11:00 - 11:25 Aqua fit in the pool (I+II)	10:30 - 10:55 Stretching (III) 11:00 - 11:25 Knee stabilisation in the pool (II+V)
14:00 - 14:50 Nordic Walking (I)	13:00 - 13:50 Golf - "Pre Shot" (II+V) in German	12:30 - 13:20 Assistance fitness room	13:00 - 13:50 Golf Putting & Chipping (V) in German (registration)		13:00 - 13:50 Assistance fitness room	13:00 - 13:50 Nordic Walking (I)
15:00 - 15:50 Habits (IV) in English	13:30 - 15:30 Herbal Workshop	12:45 - 19:00 Golf excursion Achensee (I)	13:00 - 13:50 Nordic Walking (I)		14:00 - 14:50 Forest Walk (I)	14:00 - 14:50 Correct (healthy) swimming technique in the pool (I+II)
15:30 - 15:55 Aqua jogging in the pool (I+II)	14:00 - 14:25 Table Tennis (I+V) 14:10 - 15:00 Be Mindful (IV) in English 15:00 - 15:25 Aqua jogging in the pool (I+II)	13:00 - 13:50 Nordic Walking (I)			15:00 - 15:20 Kybun (II+V)	
17:00 - 17:50 Yoga relaxation (IV)	16:00 - 17:30 Walking with Dr. Gartner (I)	16:00 - 16:50 Hatha Yoga German (IV)	16:00 - 16:50 Easygoing Yoga E (II+V)	16:30 - 17:20 into the weekend walk (I)		
17:35 - 18:00 evening walk (I)		16:30 - 16:55 Aqua jogging in the pool (I+II) 17:05 - 17:30 evening walk (I)	17:00 - 17:50 Forest Walk (I)			

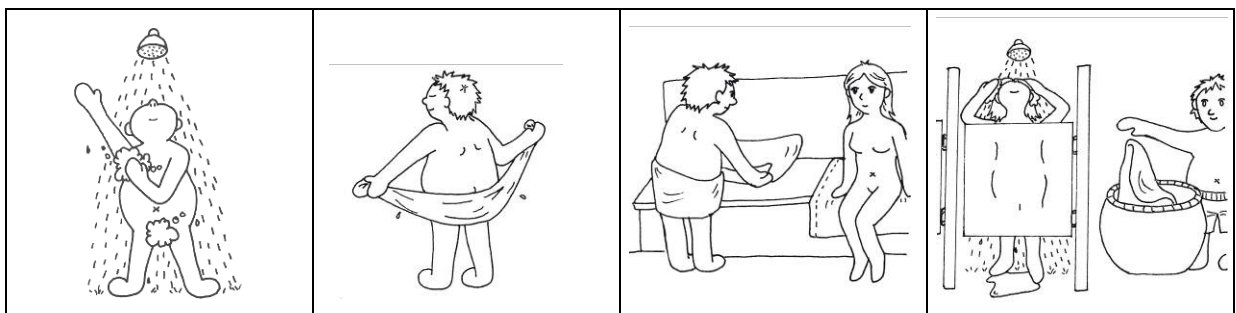
Austrian Sauna Culture

Dear Guest,

our Health Centre offers a wide range of wellness facilities including a choice of sauna options, widely used by our increasingly international clientele.

Sauna traditions and cultures vary from country to country. To ensure that all our guests can enjoy a relaxing and unencumbered sauna experience, we will be grateful if you can observe a few principle rules for the benefit of all:

- The sauna is a **relaxation area** for adults, so please speak quietly and try not to make any undue noise (e.g. phones and music player).
- The sauna is a **textile free zone**. Please leave your bathing suits in the changing room and cover yourself with a towel in the public area. Should you wish to wear a bathing costume in the sauna, please use our textile sauna in the swimming pool area.
- For reasons of hygiene, please sit or lie down on a **towel** when using the sauna or infrared cabin, and dispose of it in the laundry basket after use.
- Please always **shower** after leaving the cabin and prior to using the cold plunge pool. In the shower you will also find a cold water hose to help you cool down.



We thank you for your comprehension and cooperation
and wish you a pleasant stay in the sauna area!