



# AT- Sauna Week

relax | enjoy | chill

08.12.2024 - 15.12.2024



Close your eyes. It smells of wood.  
Water evaporates on the hot stones.  
Soothing heat with wonderful fragrances fills the room.  
Magical sauna moments....  
After a wonderful day in the nature you can enjoy  
Sauna experiences with top-class infusions -  
pure sauna bliss at Alpen Tesitin.

## at sauna week highlights:

### sunday

AT 7.<sup>00</sup> PM

**At 7.00 pm our AT sauna team welcomes you in the hotel lobby:** with a glass of prosecco, we present the diverse program of the 6th AT sauna week.

### monday

AT 09.<sup>00</sup> AM TO 2.<sup>00</sup> PM

#### **Freestyle Wedel Course**

Modern/Classical Wedel - Techniques for all interested infusion masters with Rob & Jacqueline Keijzer from the Netherlands.

FROM 2.<sup>15</sup> PM

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

### tuesday

AT 09.<sup>00</sup> AM TO 2.<sup>00</sup> PM

#### **Freestyle Wedel Course**

Modern/Classical Wedel - Techniques for all interested infusion masters with Rob & Jacqueline Keijzer from the Netherlands.

FROM 2.<sup>15</sup> PM

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

### wednesday

AT 10.<sup>30</sup> AM

**Ayurveda ritual** with Jaqueline and Magdalena

FROM 2.<sup>15</sup> PM

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

### thursday

AT 10.<sup>30</sup> AM

**"Viking - Banja"** with Rob and Daniel

2.<sup>15</sup> PM - MIDNIGHT

**The long sauna night!**  
**Extraordinary infusions from 2 pm to midnight**

### friday

AT 2.<sup>00</sup> PM

**Pampering program** with Tamara from Bergila

FROM 2.<sup>15</sup> PM

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

AT 3.<sup>00</sup> PM

**Pampering program** with Tamara from Bergila

### saturday

AT 10.<sup>30</sup>

**„feel – breath – relax“** with Rob.

FROM 2.<sup>15</sup>

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

### sunday

AT 10.<sup>30</sup>

**Basical purification ritual** in the steam bath followed by a sound journey

FROM 14.<sup>15</sup>

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards**

## Sunday 08.12.2024

At 7.00 pm our AT sauna team welcomes you in the hotel lobby:  
with a glass of prosecco we present the diverse program  
of the 6th AT sauna week.

## Monday 09.12.2024

9.00 am - 2.00 pm: Freestyle Wedel Course

Modern/Classical Wedel - Techniques for all interested infusion masters  
with Rob & Jacqueline Keijzer from the Netherlands.

Infusion masters from South Tyrol refine their wedel technique  
in the movement room.

You are welcome to look the "wedel professionals".

**Experience hourly highlight themed infusions in our experience sauna  
from 2.15 pm onwards with the AT sauna team, Rob and Jaqueline Keijzer.**

## Tuesday 10.12.2024

9.00 am - 2.00 pm: Freestyle Wedel Course

Modern/Classical Wedel - Techniques for all interested infusion masters  
with Rob & Jacqueline Keijzer from the Netherlands.

Infusion masters from South Tyrol refine their wedel technique  
in the movement room.

You are welcome to look the "wedel professionals".

**Experience hourly highlight themed infusions in our experience sauna  
from 2.15 pm onwards with the AT sauna team, Rob and Jaqueline Keijzer.**

## Wednesday 11.12.2024

10.30 am: Ayurveda ritual with Jaqueline and Magdalena

*We kindly ask you to register at reception by 7 pm the day before.*

**Experience hourly highlight themed infusions in our experience sauna  
from 2.15 pm onwards with the AT sauna team, Rob and Jaqueline Keijzer**

## Thursday 12.12.2024

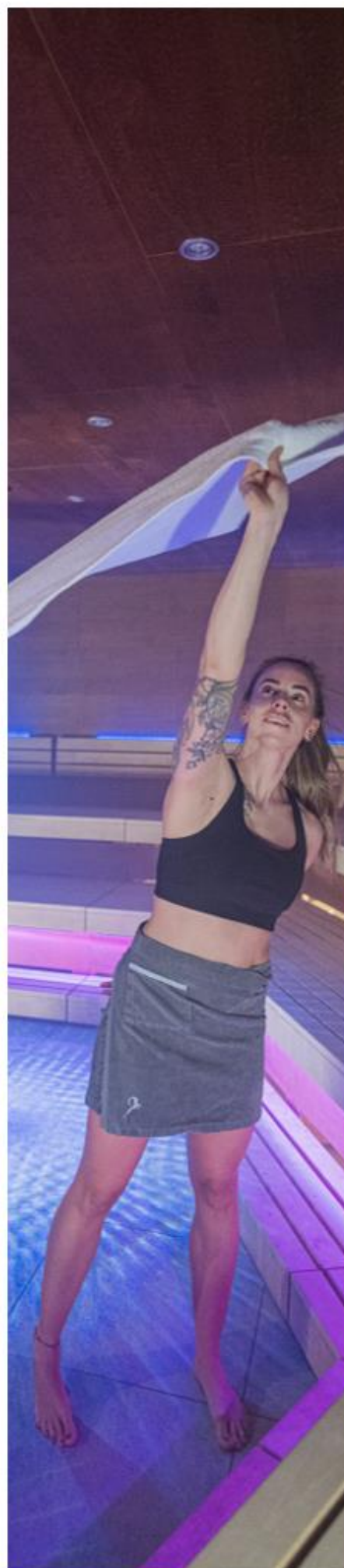
10.30 am: "Viking - Banja" with Rob and Daniel

*We kindly ask you to register at reception by 7 pm the day before.*

**The long sauna night!**

**Extra class infusions from 2 pm to midnight.**

From 2.15 pm to 11.15 pm - hourly themed infusions in our experience sauna  
with the **AT sauna team, Rob and Jacqueline Keijzer.**





## Friday 13.12.2024

2.00 pm & 3.00 pm: Tamara from the Bergila company invites you to:

- Pampering program for body and mind. A "Roll On" is produced together with her. The Aroma Roll On is easy to use - simply apply to the neck, wrists, throat or behind the ears and enjoy the soothing fragrance.
  - Illustration of the distillation of herbs
- We kindly ask you to register at reception by 7 pm the day before.*

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards with the AT sauna team, Rob and Jaqueline Keijzer**

## Saturday 14.12.2024

10.30 am: „feel – breath – relax“ with Rob.

*We kindly ask you to register at reception by 7 pm the day before.*

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards with the AT sauna team, Rob and Jaqueline Keijzer.**

## Sunday 15.12.2024

10.30 am: Basical purification ritual in the steam bath followed by a sound journey in the panorama sauna with Karin.

*We kindly ask you to register at reception by 7 pm the day before.*

**Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards with the AT sauna team**



### Rob & Jaqueline Keijzer

The three-time world champion in sauna infusion is a professional trainer of infusion masters. His mission is to develop the infusion to a higher level. After 13 years as a sauna master and trainer in the Netherlands, Rob has decided to become a freelance international trainer and consultant for sauna infusions.

*We are very happy to welcome Rob with his wife Jaqueline - also infusion master - at our hotel. You will be delighted by the traditional infusions and the show infusions that the two artists and masters of their profession will offer you.*

### The AT sauna team

With a lot of enthusiasm and passion, the AT infusion master team would like to create and experience this wonderful sauna week with you, dear guests. Be excited!



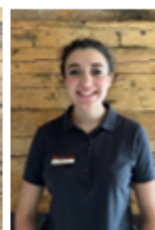
Magdalena



Daniel



Axl



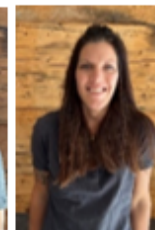
Maggi



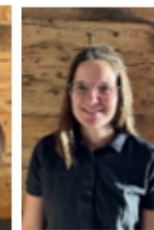
Lukas



Carmen



Karin



Julia



Markus

**We wish you an exciting, relaxing and thrilling sauna week.**

*Family Feichter and the AT-Team* ♥