

AT-Sauna week

relax | enjoy | chill

10.12.2023 - 18.12.2023



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.

Sunday 10.12.2023

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 5th AT sauna week.

Monday 11.12.2023

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 12.12.2023

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 13.12.2023

10.00 - 11.00 am: "Steam bath treatment" with Jaqueline and Mäggie.

Please register at reception by 7 p.m. the day before. Max. 12 people.

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



Thursday 14.12.2023

10.30 am: "Cocoa ritual" with Magdalena in our panorama sauna
Please register at reception by 7 pm. the day before. Max. 20 people.

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 15.12.2023

10.30 am: Claudia and Andrea from Bergila invite you to the Sauna - Day!

- Pampering program for the hands with local products
- Herbal peeling in the steam bath
- great themed infusions
- Demonstration of the distillation of herbs

We ask for registration at the reception, until 7.00 pm of the previous day.

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

Saturday 16.12.2023

10.30 am: feel – breath – relax with Rob

We ask for registration at the reception, until 7.00 pm the previous day.

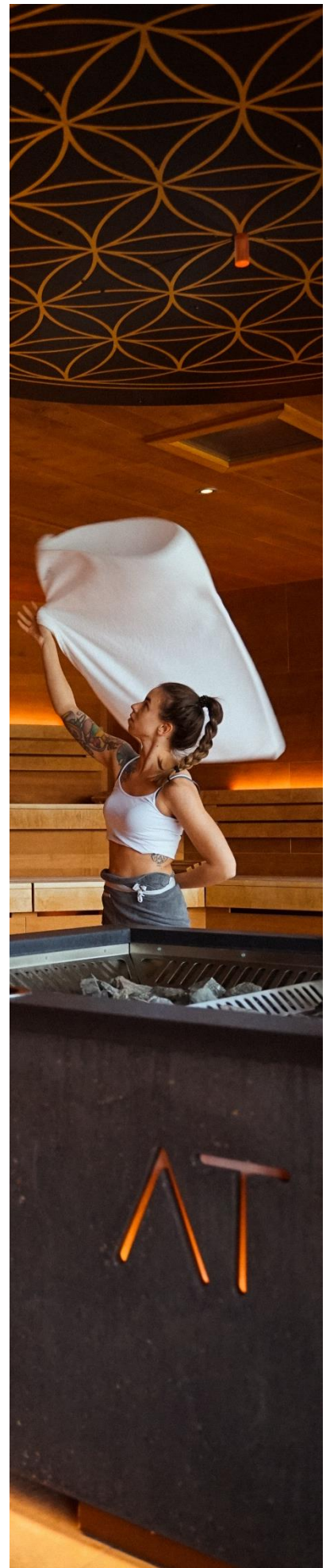
Experience hourly highlight themed infusions in our experience sauna from 2.15 pm onwards with the AT sauna team, Rob & Jaqueline Keijzer.

Sunday 17.12.2023

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

We ask for registration at the reception, until 7.00 pm of the previous day.

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



Rob & Jacqueline 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 Jacqueline - 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 family company Bergila

Bergila has been in business for four generations since 1912.

The Niederkofler family runs their company in Issing near Pfalzen with passion and enthusiasm. We at Alpen Tesitin obtain the essential oils for our sauna infusions from Bergila.

We are pleased to welcome the infusion masters Claudia and Andrea at our hotel. In addition to great, unique infusions, both explain and illustrate their specialty of herbs their use and further processing into essential oils.



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



Ira



Axl



Maggi



Karin



Julia



Carmen



Lukas

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

Family Feichter and the AT Team ❤️