



SPA program

Sound & Silence 19.- 25. February

Updated 19.02.2024

MONDAY 19.FEB

- 08:15 - Morning meditation & movement
- 08:30 - Innerdive aqua meditation
- 09:00 - Morning aufguss - Fjordsauna
- 09:30 - Restorative yoga
- 10:30 - Sauna *sounds of nature*
- 13:00 - Herbal ritual
- 13:30 - Relaxing music meditation
- 14:30 - Meditative aufguss
- 15:00 - Yin Yoga
- 16:00 - Relaxing music aufguss
- 17:00 - Innerdive aqua meditation
- 18:30 - Aufguss
- 19:15 - Sauna yoga
- 20:00 - Slavic harmony aufguss
- 20:30 - Live harp & singing - Svaberget
- 21:00 - Good night ritual

TUESDAY 20.FEB

- 07:30 - Aqua pilates - Larvikitt Pool
- 08:30 - Innerdive aqua meditation
- 09:00 - Silent morning aufguss
- 10:30 - Sauna *sounds of nature*
- 12:30 - Live harp & singing - Svaberget
- 13:00 - Herbal ritual
- 13:30 - Relaxing music meditation
- 14:30 - Sauna *sounds of nature*
- 16:00 - Silent classic aufguss
- 17:00 - Innerdive aqua meditation
- 17:30 - Flow yoga
- 18:30 - Aufguss & sound
- 19:15 - Sauna yoga
- 20:00 - Relaxing music aufguss
- 20:30 - Live harp & singing - Svaberget
- 21:00 - Good night ritual

WEDNESDAY 21.FEB

- 08:30 - Innerdive aqua meditation
- 09:00 - Silent morning aufguss
- 10:00 - Live harp & singing - Svaberget
- 10:30 - Sauna *sounds of nature*
- 12:00 - Aqua sound journey
- 13:00 - Herbal ritual
- 13:30 - Mermaids lyrics - Kildevannsgrotten
- 14:30 - Relaxing music aufguss
- 15:00 - Sleep meditation with live harp
- 16:00 - Silent aufguss
- 16:30 - Innerdive aqua meditation
- 17:00 - Flow yoga
- 18:30 - Sauna *sounds of nature*
- 19:30 - Live harp & singing - Svaberget
- 20:00 - Ayurvedic aufguss ritual
- 21:00 - *Walk in the forest* ritual

THURSDAY 22.FEB

- 08:30 - Innerdive aqua meditation
- 09:00 - Silent morning aufguss
- 10:00 - Mermaids lyrics - Kildevannsgrotten
- 10:30 - Sauna *journey to the Temascal*
- 12:00 - Live harp & singing - Svaberget
- 13:00 - Herbal ritual
- 13:30 - Sleep meditation with live harp
- 14:30 - Silent classic aufguss
- 16:00 - Relaxing music aufguss
- 17:00 - Innerdive aqua meditation
- 18:30 - Sauna *Slavic music*
- 19:00 - Magic of sound journey
- 20:00 - Relaxing music aufguss
- 20:30 - Live harp & singing - Svaberget
- 21:00 - Good night ritual



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FRIDAY 23.FEB

- 08:30 - Aqua sound journey -Kildevannsgrotten
- 09:00 - Silent morning aufguss
- 10:30 - Sauna *Temazcal*
- 11:00 - Live music - Spa lounge
- 12:00 - Mermaids lyrics - Kildevannsgrotten
- 13:00 - Herbal ritual
- 13:30 - Live music - Spa lounge
- 15:00 - Silent classic aufguss
- 16:00 - Relaxing music aufguss
- 17:00 - Live harp & singing - Svaberget
- 18:00 - Gardenwalk aufguss
- 18:30 - Mermaids lyrics - Kildevannsgrotten
- 20:00 - Aufguss & live music with Waagal
- 21:30 - Good night sauna *sounds of nature*

SATURDAY 24.FEB

- 08:30 - Inner dive aqua meditation
- 09:00 - Silent morning aufguss
- 09:30 - Morning yoga
- 10:30 - Sauna *Slavic harmony*
- 11:00 - Meditation
- 11:00 - Live music - Svaberget
- 13:00 - Herbal ritual
- 13:00 - Yin yoga
- 14:00 - Relaxing music aufguss
- 15:00 - Live music - Svaberget
- 16:00 - Silent classic aufguss
- 18:00 - Relaxing music aufguss
- 18:30 - Inner dive aqua meditation
- 20:00 - Aufguss & live music with Waagal
- 20:30 - Live harp & singing - Svaberget
- 21:30 - Full moon ritual

SUNDAY 25.FEB

- 08:30 - Inner dive aqua meditation
- 09:00 - Silent morning aufguss
- 09:30 - Morning yoga
- 10:30 - Sauna *sounds of nature*
- 11:00 - Meditation
- 13:00 - Herbal ritual
- 14:00 - Inner dive aqua meditation
- 14:30 - Relaxing music aufguss
- 16:00 - Silent aufguss
- 17:00 - Yin yoga
- 18:00 - Music aufguss
- 20:00 - Meditative aufguss
- 21:30 - Good night ritual

Our special visitors;

- Waagal** - Multi instrumental & live music
- Jesper Stechmann** - World champion freedive
- Lene Silvia Lundereng** - Harp & singing
- Lisa Rasta** - yoga & meditation