

## SUMMER FESTIVALS

Saturday, July 6, 2024 – KNEIPP DAY  
Saturday, July 20, 2024 – TROUT FESTIVAL  
Saturday, August 3, 2024 – SNOVIČEK FESTIVAL

## SWIMMING POOL ANIMATIONS

### GROUP WATER GYM

From Monday to Sunday: 10:00 - 10:30

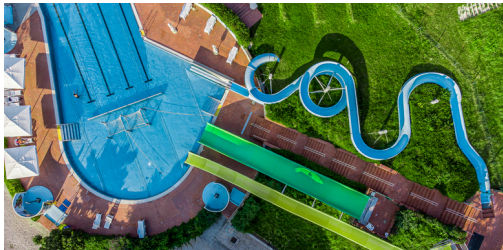
From Monday to Friday: 17:00 - 17:30

### KNEIPP'S HYDROTHERAPY AND BAREFOOT PATH WALK EVERY DAY:

10:30 - 11:00

### NIGHT SWIMMING ON WEDNESDAYS, FRIDAYS, AND SATURDAYS:

20:00 - 22:00 (indoor pool)



## FAMILY FUN EVENTS

**Russian Bowling:** Tuesdays: 20:00 - 21:00  
**Movie Night Under the Stars:** Tuesdays: 21:00  
**Bingo:** Wednesdays: 20:30 - 21:30  
**Board Games:** Sundays: 20:00 - 22:00  
**Music Evenings:** Thursdays: 19:00 - 21:30 (18.7., 25.7., 1.8., 8.8., 15.8.)

## FOR ACTIVE SPORTS ENTHUSIASTS

### Outdoor Group Exercise

Monday to Friday: 8:00 – 8:30

**Rent an e-bike,** Every day of the week from 7:00 AM to 9:00 PM.

## FOR BODY & MIND HARMONY


### Kneipp Barefoot Experience Every Sunday:

5:00 PM - 8:00 PM

### Forest Experience with Meditation

Every other Saturday: 11:00 AM - 1:00 PM

### Guided Tour of the Kneipp Barefoot Path

Every Wednesday: 5:00 PM - 7:00 PM 

## EXPLORING LOCAL FLAVORS OF THE TUHINJ VALLEY AND KAMNIK

### Homemade Iced Herbal Tea:

Wednesdays: 5:30 PM

### Healthy Snack:

Fridays: 5:30 PM

## ANIMATIONS FOR KIDS

Children's Water Animation, Creative Workshops, Treasure Hunt, Visit from Snoviček the Elf, Children's Dance Workshop, Hike along the Elf's Path...

## HAVE A FANTASTIC SUMMER!

We reserve the right to make changes to the program.

For additional and up-to-date information about all events and programs, ask at the reception desk. The programs are free for guests visiting the pool, except where otherwise indicated. Registrations for paid events are mandatory at the reception desk, or by phone or via e-mail.

## Guided experiential programs. RECONNECT WITH NATURE AND RELAX.

Allow us to take you to the pristine nature of the Tuhinj Valley. You will get to know the Kneipp's philosophy of a healthy lifestyle for the harmony of body and mind. You will find inner peace and forget the stress of everyday life. We will take you in the footsteps of Sebastian Kneipp and his five pillars for maintaining the health of the body and mind: water, exercise, nutrition, herbs and a healthy lifestyle.

### GUIDED TOUR OF THE KNEIPP BAREFOOT PATH

#### PROGRAM INCLUDES:

Introduction to Kneipp's life philosophy, natural reflexology massage, trial of Kneipp hydrotherapy, tasty Kneipp snack, guided relaxation, and a test of all five senses.

#### Dates:

Every Wednesday in July and August 2024, from 5:00 PM to 7:00 PM.

#### Program price:

25 € per person (external guests)

15 € per person (guests of the apartment complex)



### FOREST EXPERIENCE WITH MEDITATION

#### PROGRAM INCLUDES:

Experience of the forest and relaxation in hammocks, guided meditation in a forest clearing, exercises for effective stress management, natural foot reflexology, introduction to Sebastian Kneipp's philosophy, exercises for harmonizing the body with your own sound, developing mindfulness, a drink with healing thermal water, and a healthy snack.

#### Dates:

Every other Saturday, from 11:00 AM to 1:00 PM.

#### Program price:

25 € per person (external guests)

15 € per person (guests of the apartment complex)



### KNEIPP'S BAREFOOT EXPERIENCE

#### PREMIUM PROGRAM INCLUDES:

An upgrade to the "Guided Kneipp Barefoot Path" program, a delicious welcome treat, a guided mindfulness exercise, demonstration and application of Kneipp treatments (water pouring on knees and arms, dry brushing self-massage, hand water bath, stork walk), and a gift.

#### Dates:

Every Sunday, from 5:00 PM to 8:00 PM.

#### Program price:

69 € per person

Excellent experiential programs for  
individuals, families, friends, groups.



Guided experiences take place in the surroundings of our thermal resort.

All programs must be registered in advance at the reception desk, on the phone number  
+386 1 83 44 100 or via e-mail [info@terme-snovik.si](mailto:info@terme-snovik.si).

Meeting point: reception. Sportswear is recommended. Programs are held also in bad weather.