



*Healthy lifestyle  
changes that last*

MOVE & RELAX AT THE SEEPARK



MOVE &  
RELAX



# Move & Relax

FOR A MORE ACTIVE LIFESTYLE



Move & Relax is an innovative concept that translates the latest findings from competitive sports into your everyday routine. A balanced interplay of exercise and regeneration – individual, sustainable, and suitable for any age or fitness level. Developed in cooperation with the Department of Sport Science at the University of Innsbruck.

## MOVE – THE EXERCISE ELEMENT

In our Move area, and of course in the surrounding area of the Seepark Wörthersee Resort, you can discover exercise from all angles, supported by our team who will take your individual requirements and lifestyle into account.

## RELAX – THE REGENERATIVE ELEMENT

To be able to perform, we need periods of regeneration. Make sure to take regular breaks during which you enjoy the sensation of doing absolutely nothing. Welcome to our spacious Relax area with saunas, infrared booths, massages, a pool, and much more!

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### OPENING HOURS:

**MOVE & RELAX RECEPTION:**  
DAILY FROM 10 AM UNTIL 8PM

**FITNESS AREA:** 6AM UNTIL 10PM

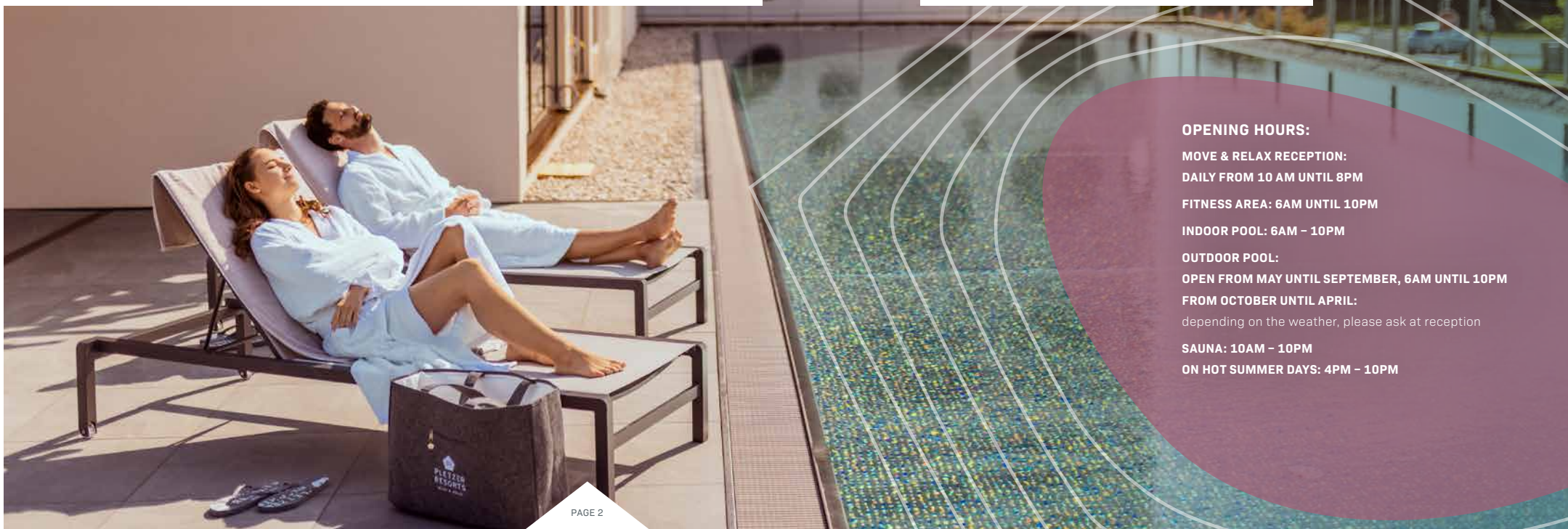
**INDOOR POOL:** 6AM – 10PM

**OUTDOOR POOL:**  
OPEN FROM MAY UNTIL SEPTEMBER, 6AM UNTIL 10PM  
FROM OCTOBER UNTIL APRIL:

depending on the weather, please ask at reception

**SAUNA:** 10AM – 10PM

**ON HOT SUMMER DAYS:** 4PM – 10PM



# Move & Relax

## AREA

We have designed a beautiful wellness world for you. Naturally stylish, never crowded, and with plenty to do. First, get your heart rate up with a strenuous workout, then bring it down during your relaxation session. What a blissful feeling: Energy flooding the cells, freeing up your mind for new ideas and thoughts. Find your very own path towards holistic well-being – in the MOVE AND RELAX AREA here at the Seepark Wörthersee Resort.



### Relax AREA (underground floor)

- Indoor pool
- Finnish sauna
- Steam bath
- Tepidarium
- Infrared booth
- Quiet areas
- sun terrace
- Massages
- Beauty treatments
- Body treatments

### Move AREA (ground floor)

- Outdoor pool – 25 m sports pool
- Large new fitness lounge – MOVE area
- Group training room
- Sun deck
- Consultation rooms

# Who we are

## OUR MOVE & RELAX TEAM

You would like a more active, health-conscious lifestyle, but you are not sure how to go about it? Our MOVE & RELAX team of experts will support you on your way!



**CORNELIA WIMMER**  
Head of RELAX

We live in fast-paced times and are constantly overstimulated, making self-care more important than ever. Our RELAX area offers a wonderful ambience for enjoying a bit of pampering and restoring your energy levels and zest for life. Regeneration means finding your centre and remembering the truly important things in life. Make the most of your relaxing time-out and start by taking a deep breath.

*Because regeneration is part of performance!*



**YANNIC BRÜCKNER**  
Sports scientist and head of MOVE

In our society, performance is key, and we are required to give a maximum amount of physical and mental energy at all times. Sports-scientific analyses give you an idea of how efficient your training really is and make a great basis for drawing up an optimised training profile for your individual requirements.

*Because to keep your balance, you have to keep moving!*



**ROBERT ZLENDER**  
MOVE & RELAX coordinator

Our MOVE & RELAX philosophy is based on three pillars: nutrition, exercise and relaxation. This way, we are offering our guests an ideal opportunity to restore the balance of their personal sense of well-being. Thanks to our infrastructure and team of experts, we cater for athletic guests as well as those in need of rest and relaxation.

*Because exercise brings people together!*



# Relax

Our **RELAX AREA** is perfect for head-to-toe relaxation. The principle behind it is simple: Slip on a bathrobe, cross the threshold to the spa area, and feel the strains and pressures of the everyday routine melt away. That's it, really – because once you've entered our wellness haven, in-depth relaxation is next on the list!



RELAX

- Body treatments
- Massages

# Body treatments



BODY TREATMENTS	LENGTH	PRICE
<b>BODY PEELING</b> This natural, moisturising peeling gently removes dead skin cells. Cell renewal processes and the blood flow are activated, leaving your skin feeling velvety-smooth.	25 mins	€ 37,-
<b>BODY PEELING &amp; MOISTURE PACK</b> The perfect combination for skin in need of extra care. This natural peeling gently removes dead skin cells and is ideal for preparing the skin for the intensive absorption of moisture pack ingredients.	50 mins	€ 71,-
<b>BODY PEELING WITH PARTIAL-BODY MASSAGE</b> This natural, moisturising peeling gently removes dead skin cells. The classic partial-body massage that follows provides relaxation.	50 mins	€ 73,-
<b>BODY PEELING WITH FULL-BODY MASSAGE</b> This natural, moisturising peeling gently removes dead skin cells. The classic full-body massage that follows provides head-to-toe relaxation.	75 mins	€ 103,-
<b>QUANTAS LOUNGER - THE ENERGY MIRACLE</b> The Quantas lounge is perfect for replenishing your energy levels. The combination of light, magnetism, frequencies, and deep heat provides a unique sense of relaxation on all levels.	(incl. 60 mins time for showering and getting changed)	€ 35,-
<b>SPECIAL OFFER: 3 sessions for € 90,-</b>		

# Massages



MASSAGES	LENGTH	PRICE
<b>CLASSIC MASSAGE</b>	<b>25 mins</b>	<b>€ 43,-</b>
A classic massage relaxes, loosens and stretches the muscular tissue	<b>50 mins</b>	<b>€ 73,-</b>
It works like passive exercise therapy and stimulates the blood flow to the tissue and the skin, which has a positive effect on your cardiovascular system and overall sense of well-being.	<b>75 mins</b>	<b>€ 107,-</b>
<b>SPORTS MASSAGE</b>	<b>25 mins</b>	<b>€ 45,-</b>
The muscles and the connective tissue are loosened with a slightly more intense massage technique that uses a greater amount of pressure. This stimulates the circulation and optimises muscular regeneration. We recommend this treatment for revitalisation after an exercise session to get you in shape for your next athletic challenge!	<b>50 mins</b>	<b>€ 75,-</b>
<b>FOOT MASSAGE</b>	<b>25 mins</b>	<b>€ 43,-</b>
The body is a sophisticated system of finely attuned elements working together. This massage sets regenerative impulses to activate the body's self-healing powers and loosen tense muscles. It also helps with headaches, digestive problems, and sleep disorders.		
<b>HOT STONE MASSAGE</b>	<b>25 mins</b>	<b>€ 49,-</b>
Has a revitalising effect and restores the balance between body and mind. A combination of soothing massage techniques uses precious oils and the in-depth effect of heated massage stones. The heat of the basalt stones loosens the deeper layers of the muscles and tackles tensions and blockages.	<b>75 mins</b>	<b>€ 115,-</b>
<b>SIGNATURE TREATMENT</b>	<b>45 mins</b>	<b>€ 75,-</b>
This massage uses several different techniques based on your individual needs in order to achieve the best possible treatment effect.		

MASSAGES	LENGTH	PRICE
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<b>HERBAL COMPRESS MASSAGE</b>	<b>50 mins</b>	<b>€ 85,-</b>
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Linen sachets filled with herbs are moved across tense muscles in a circular, gently tapping motion. Thanks to the interplay between heat, massage techniques, and aromas, tense muscles are loosened and the metabolism is stimulated. The detoxifying components of the herbs penetrate deep into the skin, triggering off detoxification processes.

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<b>RELAXING MASSAGE OF THE FACE/HEAD</b>	<b>25 mins</b>	<b>€ 41,-</b>
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Different massage techniques loosen tensions in the area of the face, head and back of the neck. You will be gliding into total relaxation in no time at all, while blockages are loosened and headaches soothed. Switch off and enjoy!

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<b>AROMA RELAX MASSAGE</b>	<b>25 mins</b>	<b>€ 45,-</b>
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The Aroma Relax massage is a wellness massage designed to relax body and spirit. Wonderfully fragrant oils and gentle massage techniques have a harmonising effect and are true stress busters. The massage aims at restoring the harmony between body and spirit and replenish your energy levels.

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<b>FIT COMBINATION MASSAGE</b>	<b>50 mins</b>	<b>€ 75,-</b>
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The perfect combination of a classic partial-body massage and a foot massage. The foot massage provides the body with regenerative impulses to stimulate its self-healing powers and to loosen tense muscles. The back massage relaxes, soothes and stretches the muscular tissue while strengthening the muscles at the same time.

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<b>HAWAIIAN LOMI LOMI NUI</b>	<b>80 mins</b>	<b>€ 119,-</b>
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This body treatment originated in Hawaii and uses a holistic approach to foster the harmonious interplay of body and spirit. Typical for the Lomi Lomi massage is that therapists use not just their hands, but also their forearms. The treatment aims at restoring your inner balance.

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MASSAGES	LENGTH	PRICE
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<b>LYMPHATIC DRAINAGE</b>	<b>25 mins</b>	<b>€ 45,-</b>
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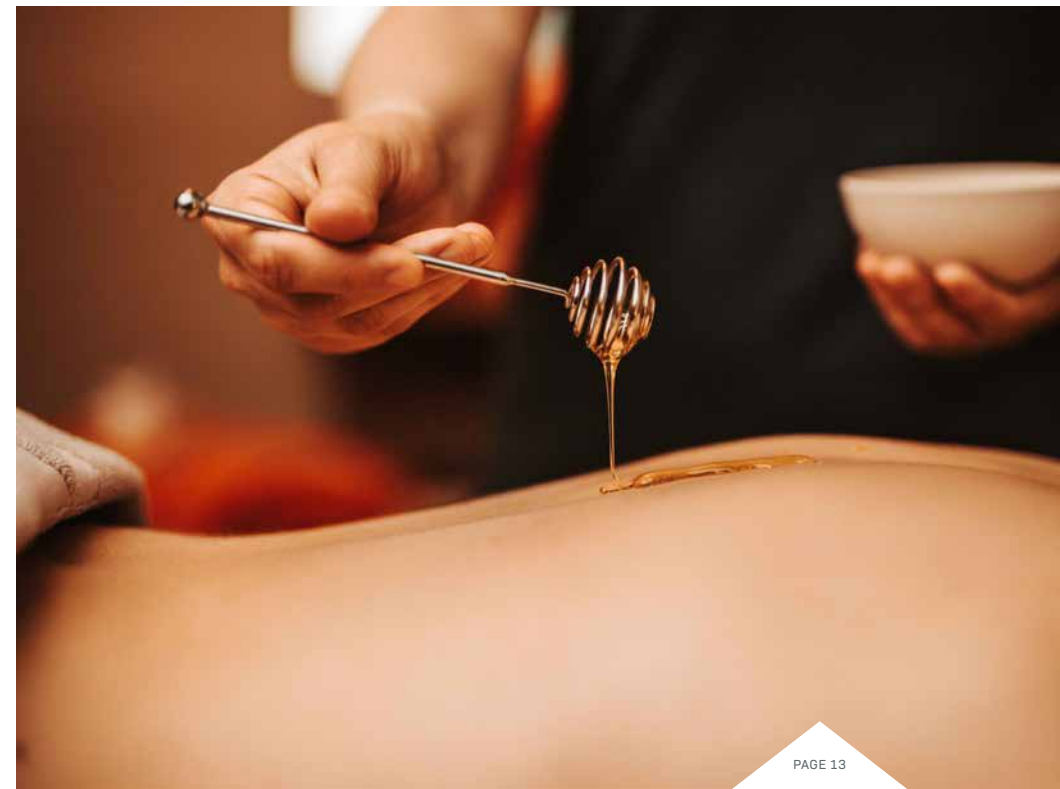
Lymphatic drainage stimulates the transport of lymphatic fluid in the lymphatic vessels, thereby supporting the removal of metabolic products. Gentle stroking movements on the skin also dissolve local lymphatic blockages that are often a by-product of chronic inflammations, sports injuries, or surgery.

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<b>HONEY BACK MASSAGE</b>	<b>25 mins</b>	<b>€ 45,-</b>
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This special kneading massage uses pure natural honey and stimulates the metabolism, removing toxins from the tissue and loosening the muscles. The honey has a moisturising and anti-inflammatory effect and stimulates the circulation.

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# Day Spa

Entry to the MOVE AND RELAX AREA is free for hotel guests. For external guests, the following prices apply:

- Day guests** ..... € 42,-
- 5-hour-ticket**..... € 35,-
- 3-hour-ticket**..... € 28,-

For a fee of EUR 5,- per person, guests may borrow a pool bag with a bathrobe and bath towels for the duration of their stay. Flip-flops are also available for purchase at EUR 5,- per pair. When you book a treatment with a minimum length of 50 minutes, you may upgrade to a day ticket for a surcharge of EUR 15,- per person.

## PACKAGES

For external guests, we have a range of package deals with culinary highlights on offer.

### MOVE, RELAX & BREAKFAST

Breakfast buffet  
Entry to the 1,600 m<sup>2</sup> Day Spa  
for Euro 60,- per person  
Reservation required

### MOVE, RELAX & DINNER

Entry to the 1,600 m<sup>2</sup> Day Spa  
3-course Move & Relax dinner  
for Euro 78,- per person  
Reservation required

**Packages and offers may not be combined.**

### MOVE, RELAX, MASSAGE

Breakfast buffet  
Entry to the 1,600 m<sup>2</sup> Day Spa  
Classic partial-body massage (25 minutes)  
EUR 95,- per person

# Move & Relax

## ETIQUETTE

Please book your stay in our MOVE AND RELAX area in advance. To make a reservation, please contact the RELAX reception or let us know when you are booking your room. We kindly ask guests to arrive at the RELAX 10 minutes before their scheduled appointment.

**Appointments may be cancelled free of charge up to 24 hours before your scheduled treatment. Please note that you will be charged 100% of the treatment price for cancellations made at a later point.**

### Seepark Relax vouchers

A treat for family and friends! Our range of vouchers is available in the resort and online.





# Our Move programme

**TO KEEP YOUR BALANCE, YOU HAVE TO KEEP MOVING.**

**Active holidays on the shores of Lake Wörthersee – with our Move programme.**

Spring or autumn, early in the morning or late at night, on rainy days or when the sun is out in full splendour – there is always a way to exercise. Our fitness lounge awaits for indoor exercise, and our resort is surrounded by countless opportunities for getting active in the great outdoors.

We offer a colourful mix of training units at different times of year.

Tip: Check the elevator for the latest version of our training programme!



## MOVE DIAGNOSTICS

### **SPIROERGOMETRY ON THE EXERCISE BIKE** (incl. consultation)

Spiroergometry refers to an ergometric stress test that is conducted on a bicycle ergometer. Your breathing is recorded while exercising and your physical stamina is analysed based on your heart rate. Spiroergometry is considered a useful performance check and provides all sorts of valuable information on your individual fitness. This diagnostic tool is suitable for all fitness levels and our resident sports scientists will analyse your results. Use the opportunity to discuss your data with your trainer afterwards and to jointly come up with a training recommendation.

**LENGTH**    **PRICE**

**90 mins**    **€ 159,-**

### **BIOELECTRICAL IMPEDANCE ANALYSIS** (incl. consultation)

#### BIOELECTRICAL IMPEDANCE ANALYSIS (incl. consultation)

This analysis provides a detailed overview of your current physical state. Our Sports science assessment will then advise you on how to optimise your metabolism. Your body's water, muscle, and fat content will be the basis of an individual nutrition and training recommendation drawn up by our sports scientists. Exercise, regeneration, and nutrition are the three main pillars of a health-promoting lifestyle.

**50 mins**    **€ 59,-**

## **PERSONAL TRAINING**

Our Sports science assessment will determine your current fitness levels and then draw up a customised workout plan based on the results. Individual exercises that you can also do at home are drawn up jointly, with a focus on healthy joints, a stable, strong torso, a flexible spine and strong legs and arms. Your personal goals will also be taken into account. Look forward to learning new motion sequences in our state-of-the-art Move Room and to integrate them into your daily routine back home!

**50 mins**    **€ 79,-**

**90 mins**    **€ 119,-**

### **COMBINATION TREATMENT: SPIROERGOMETRY AND BIOELECTRIC IMPEDANCE ANALYSIS**

**140 mins**    **€ 199,-**

### **COMBINATION BOOKING: BIOELECTRIC IMPEDANCE ANALYSIS AND PERSONAL TRAINING**

**100 mins**    **€ 119,-**

### **COMBINATION BOOKING PERSONAL TRAINING (50 MINS) AND SPORTS MASSGE (50 MINS)**

**100 mins**    **€ 139,-**

## MOVE ICAROS

### **ICAROS LIGHTNING - THE TRAINING SYSTEM OF THE 21ST CENTURY.**

With the ICAROS Lightning, you can explore virtual worlds and improve your fitness at the same time. Strengthen your core muscles and shoulders and train your coordination skills and sense of balance at the same time.

**LENGTH**    **PRICE**

**20 min**    **€ 29,-**

An unforgettable playful experience, accompanied by our coaches.

**SPECIAL OFFER: 3 sessions for € 79,-**

**SPECIAL OFFER: 6 sessions for € 149,-**





# Tennis

## MOVE GRUPPENTRAININGS

PLACE LENGTH

We offer a range of courses and group instruction all year round. All of them (except for swimming) are free of charge for our hotel guests. Please register at the MOVE reception for the training of your choice. The weekly training plan is displayed at reception and in the elevator.

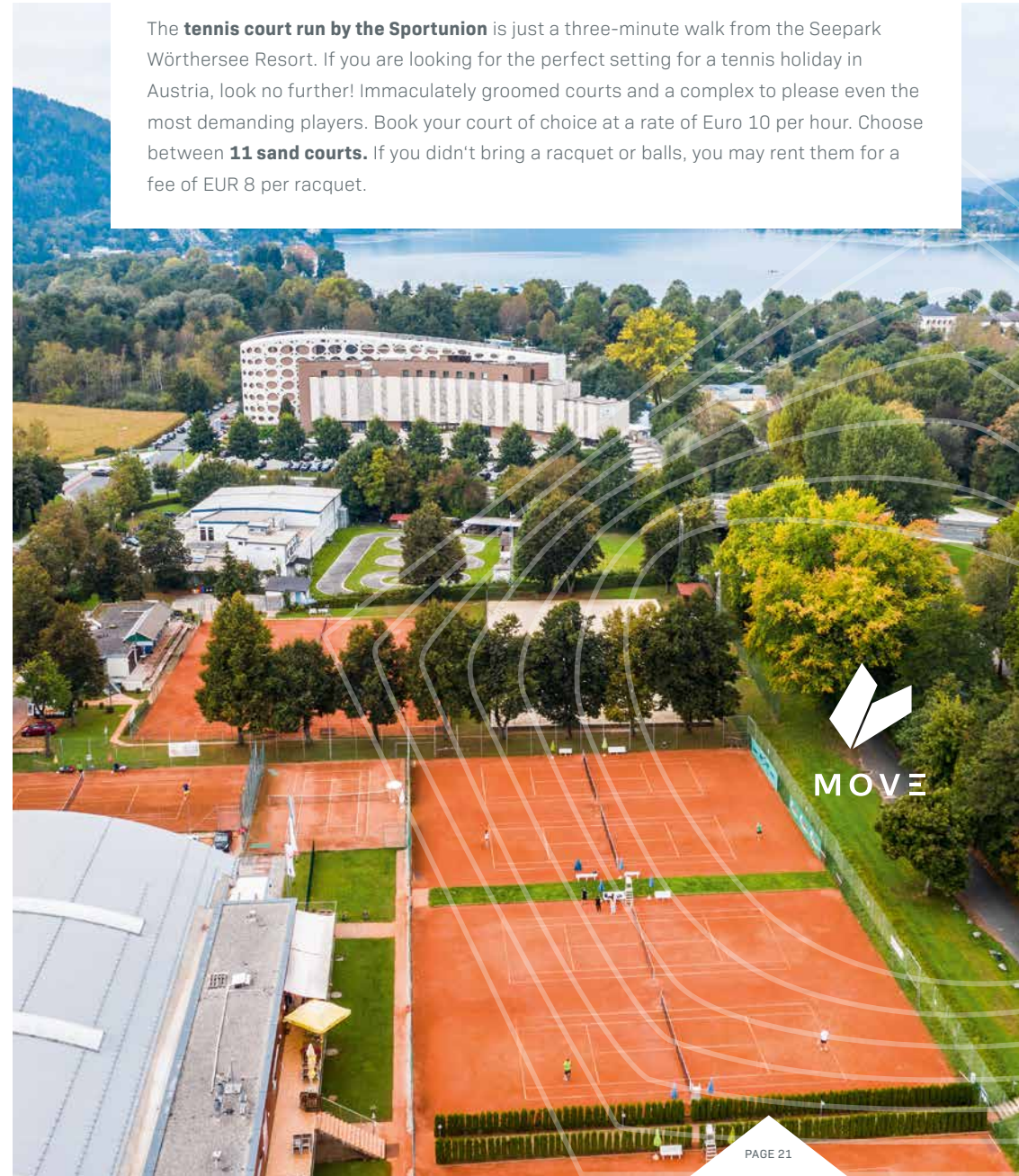
Please note that the courses are subject to seasonal changes.

See below for an overview of our programme:

<b>BALANCE PAD TRAINING</b> Targeted balance and strength exercises to do at home with the Balance Pad.	Room Carinthia	<b>approx. 50 mins</b>
<b>RUNNING</b> Explore the running trails in the beautiful natural setting of Lake Wörthersee together with our coaches!	Outdoor	<b>approx. 50 mins</b>
<b>MOBILITY &amp; FLEXIBILITY</b> We set great store by healthy joints, a flexible spine, and exercises that increase mobility and are easy to integrate into your daily routine.	Room Carinthia	<b>approx. 50 mins</b>
<b>YOGA</b> Learn the basics or consolidate your skills! Restore the balance between body and mind and get more energy for your everyday routine. When the weather is good, lessons take place in the park.	Room Carinthia	<b>approx. 75 mins</b>
<b>TRX TRAINING</b> Versatile, intense training for the whole body. Sling training is among the most straightforward and efficient workouts out there.	Room Carinthia	<b>approx. 50 mins</b>
<b>12 TIROLER</b> Varied training that fosters mobility and flexibility.	Room Carinthia	<b>approx. 50 mins</b>
<b>FUNCTIONAL TRAINING</b> Functional training comprises strength and endurance training, with exercises that are relevant to everyday life.	Room Carinthia	<b>approx. 50 mins</b>
<b>FITNESS FOR YOUR BACK</b> This training focuses on strengthening the stomach and back muscles, with the goal of keeping the spine healthy, stable and protected.	Room Carinthia	<b>approx. 50 mins</b>
<b>BIG 4</b> The focus is on knee bends, deadlifts, bench presses and pull-ups.	Room Carinthia	<b>approx. 50 mins</b>

External guests may book our courses at a rate of EUR 13 per unit (with the exception of Yoga).

The **tennis court run by the Sportunion** is just a three-minute walk from the Seepark Wörthersee Resort. If you are looking for the perfect setting for a tennis holiday in Austria, look no further! Immaculately groomed courts and a complex to please even the most demanding players. Book your court of choice at a rate of Euro 10 per hour. Choose between **11 sand courts**. If you didn't bring a racquet or balls, you may rent them for a fee of EUR 8 per racquet.



# Making waves

BOOTE, SUPS & MEHR

What's an even better place to spend the summer than on the shores of Lake Wörthersee? The answer is simple: On the lake itself! Discover the most beautiful corners of the eastern bay of Klagenfurt by boat, stand-up paddle (SUP) or canoe. The crystal-clear lake and its natural setting are predestined for a tour. The rental station in the hotel is open daily during July and August. During the other months, rentals may be arranged any time (subject to prior notification).

#### What to expect at the rental station in the resort:

- Premium Fanatic SUP boards & paddle
- Tandem SUP board (with two paddles)
- XL board (for 6)
- Guided SUP tours
- Waterbikes
- Motorboat Deluxe
- Motorboat (500 W)
- Pedal boat
- Canoe (for 2)

#### Discover the lake outside the summer months

Explore the tranquil waters, bask in the beautiful scenery. Mild autumn days, frosty winter mornings, or during the first tentative days of spring – SUP tours on Lake Wörthersee are possible all year round and start right at the resort.

- Canoe per hour, including life jackets
- 1.5h SUP incl. drysuit, neoprene shoes, life jacket (only for experienced stand-up paddlers)
- 1.5h SUP with instructor, incl. drysuit, neoprene shoes and life jacket







# Cycling at the lake

## FOR LEISURE CYCLISTS AND PROS

From difficult routes with altitude differences and climbs to flat routes along the lakeshore – when it comes to cycling, Lake Wörthersee has something for everyone. Picturesque valleys, meadows and fields are just waiting to be discovered. Tours for proper cycling pros and routes for leisure cyclists are suitable for family adventures and for athletic feats. And the view of the sparkling waters of the lake promises the perfect cool-down after your day in the saddle! You may also rent different bicycles and e-bikes at the hotel for a fee. See here for the current selection:



Rental bikes are available from April until late October. You are also welcome to bring your own bike. There are plenty of bike stands available outside the hotel and in the underground car park. If you have a particularly exclusive bike, you may store it in your room, provided that you use an appropriate cover to ensure that the carpet doesn't get dirty. See below for an overview of the best tours: For further tips and recommendations, please contact reception.

### The Wörthersee round tour (“Rundradweg”)

- 39 km round trail
- Length: approx. 2.5-3 h
- Level of difficulty: intermediate, no steep sections, tarmac throughout



### Ironman racing bike course

- 87.7 km round trail
- Length: approx. 3h
- Level of difficulty: difficult, tarmac throughout



### Wörthersee round tour via the Keutschacher Seental

- 49 km round trail
- Length: approx. 3-3.5h
- Level of difficulty: intermediate, slight incline, mostly tarmac, gravel and field paths in some sections



### Virunum E-mountain bike tour to Magdalensberg

- 61 km round trail
- Duration: approx. 4 h; 1000 vertical metres
- Level of difficulty: intermediate





# Calling all runners

## OUR RUNNING TIPS FOR YOU

From a short run in the morning to a demanding training session – there are lots of running routes of all levels of difficulty around the hotel.



### From Lake Wörthersee to the Old Town

- 4.6 km each way
- Duration (strolling speed): 1:15 h
- Level of difficulty: easy
- Along the Lend canal



### Half-marathon route

- 21.4 km
- Description: route leads along water and through green countryside almost all the way
- Level of difficulty: hard

### Europapark circular route

Ideal for your morning run  
22 hectares of parkland  
with lots of running trails  
Varying lengths

### Sattnitz trail

Length and duration are up to you  
Runs along a brook

### Zillhöhe via Weingarten

Circular route with uphill section  
of approx. 4 km  
Beautiful view over Klagenfurt







# Hiking as a way of life

## EXPLORE THE REGION ON FOOT

The natural setting of Carinthia was made for unwinding. Here, in Austria's sunny south, is the perfect place for enjoying nature with all the senses.

See below for an overview of the best hiking trails:

### Wörthersee round tour - stage from Klagenfurt to Pörtlach

- 18.8 km each way
- Duration (strolling speed): 6:22 h
- Level of difficulty: intermediate
- Tip: The tour takes you past the Klagenfurt vineyard ("Weingarten") and past the Zillhöhe vantage point, from where you can enjoy a magnificent view across Lake Wörthersee.



### Wörthersee round tour - stage from Reifnitz to Klagenfurt

- 11 km each way
- Duration (strolling speed): 3:30 h
- Level of difficulty: intermediate
- Tip: Start right at the hotel and take the boat back!



### From Lake Wörthersee to the Old Town

- 4.6 km each way
- Duration (strolling speed): 1:15 h
- Level of difficulty: easy
- Along the Lend canal



### Kreuzbergl hiking tour - from the city to the lake

- 9.2 km each way
- Duration (strolling speed): 2:30 h
- Level of difficulty: intermediate
- Beautiful forest paths with vantage points across Klagenfurt



We have detailed hiking maps for you at reception. Didn't bring all the necessary equipment? Backpacks and drinking bottles are for sale at reception.



# Move & Relax

QUESTIONS AND ANSWERS

## What is Move & Relax?

Move & Relax is a 3-pillar concept for a better, healthier, and longer life.

## What are we trying to achieve with Move & Relax?

We want our guests to have a positive experience during their stay and to seize the opportunity of bringing about lasting improvements to their health and lifestyle.

## What are the 3 Move & Relax pillars?

Exercise, regeneration, and nutrition.

## What makes the Move & Relax area different from other fitness and wellness centres?

In the Move & Relax area, guests have the opportunity of influencing their lifestyle in a positive way. Our main emphasis lies on taking care of our guests, with the help of the Move & Relax staff.

## How do you change your lifestyle?

Learn new, simple techniques regarding body awareness and new forms of exercise, break old habits and find the courage to make a change.

## What is regeneration and why is it so important?

Active exercise, therapeutic, soothing treatments, fresh air, nature, healthy food, sufficient rest periods and a good night's sleep are the building blocks of regeneration. Without sufficient regeneration, we can't perform - neither at work nor when it comes to exercise.

## What value does nutrition have in the Move & Relax concept?

The third pillar of the Move & Relax concept is nutrition. Specially compiled Move & Relax dishes support body and soul, help us stay productive throughout the day and also show that a good diet doesn't need to compromise on flavour.

## What's the purpose of the Balance Pads in the rooms?

The Balance Pads are intended to remind our guests every day to engage with the concept of exercise. The simple exercises displayed on the mirror help guests to be aware of their body. In the group training sessions, guests will learn additional exercises to do at home, using their pad.

# Your holiday adventures

Open your personal Seepark adventure guide using the link and book massages, group training and much more online!

[giggle.tips/das-seepark](https://giggle.tips/das-seepark)

or

## use QR code:

1. Open the camera or the QR code scanner on your smartphone.
2. Hold the camera over the QR code.
3. Click on the link shown.







## SEEPARK WÖRTHERSEE RESORT

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[DASSEEPARK.AT](https://www.dasseepark.at)

PR

**PLETZER  
RESORTS**

MOVE & RELAX