

Yoga, Meditation & Nature Connection in Switzerland (bilingual English/German)



Wellbeing. Nature. Tranquility. Yoga. Clean Air. Self-Contemplation. More Energy
... and so much more will await YOU at this Retreat in Switzerland.

WHEN: July 1.- 5th 2019

WHERE: La Demeure des Elfes BnB, Albinen/Leukerbad in Switzerland
(a charming village in the Swiss mountains of the Upper Valais)
www.lademeuredeselfes.com

COSTS: Early Bird starting at only 533,- Euro per Person (*only valid until 15.5.2019*)

WHO: Sina Krickhahn internationally certified Yoga teacher,, Kids Yoga and „Restorative Yoga“ certified, Mindfulness Training with Jon Kabat Zinn.

WHAT:

- 4 nights accommodation at La Demeure des Elfes (during high season)
- 4 delicious, healthy and buffet-style brunches each day (vegetarian)
- 4 Hatha Yoga classes
- 1 hour of Yin yoga (yoga mats & props provided)
- exploration of a variety of meditation styles
- contemplation practice (journaling)
- 1 Visionboard-making session
- Fruits and Tea in the afternoon
- Pampering kit
- Enough ME-Time to explore or relax
- Healthy and light Welcome Dinner
- optional guided hike (additional cost for cable car)

CONTACT:

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