



A remote mountain hotel, surrounded by snowy peaks.

A valley preparing for a new season of bloom. A river swollen from melting snow. A sanctuary of nature. A place to deeply feel moment by moment the effects of cold, heat, wind, water, snow, sun, solitude, confinement, freedom and space on your body-mind. A place that makes you feel tiny and huge, humble and majestic, human and divine, all at the same time. A place to bring you back to your **INNER NATURE**, your loving awareness.

A place to help you realise your deep connection and oneness with all.



THIS LOVINGLY CRAFTED EXPERIENCE INCLUDES:

6 NIGHTS AT WALSERHUUS SERTIG (SINGLE OR DOUBLE EN-SUITE ROOMS)

BREAKFASTS AND THREE-COURSE DINNERS

3 LIGHT LUNCHES & 1 LUNCH PACKAGE

DAVOS KLOSTERS GUEST CARD

3 HOURS OF HOLISTIC YOGA PRACTICE DAILY (ASANA/PRANAYAMA/MEDITATION)

DAILY MORNING SADHANA (KRIYA/MANTRA/MEDITATION)

2 WORKSHOPS TO ENHANCE YOUR PRACTICE

«ALPINE MALA» WORKSHOP, INCLUDING MATERIAL
HANDOUT & JOURNAL TO DOCUMENT YOUR EXPERIENCE

WELCOME & CLOSING CEREMONIES

«NATURE APPRECIATION» AFTERNOON

FOR MORE INFORMATION, VISIT

WWW.SWISSYOGARETREATS.CH

OR EMAIL CONTACT@SWISSYOGARETREATS.CH

