

PROGRAM

Weekly Hike & Yoga Retreat (6 days)

SUNDAY

- Participants arriving from 15.00
- 17.00: Presentation of the weekend, the hotel and tea time
- 18.00 – 19.30: 90 minutes Vinyasa Yoga Session plus meditation and relaxation
- 20.00: Dinner together in our partner Restaurant Potato Zermatt

MONDAY

- 7.15: Vitamin booster shot
- 7.30 – 8.30: 60 minutes Vinyasa Yoga Session at the Yoga Studio
- 9.00 / 9.30: Breakfast
- 10:30: Departure for Gornergrat train, picnic on the mountain, 60 minutes Vinyasa Yoga session outside and hike down together, about 4 hours. (option to take the train back, or do a small hike or only do the 360° Gornergrat Loop, 20 minutes)
- Afternoon free time: Gym, Spa, massages, explore Zermatt
- 20.00: Dinner together in our partner Restaurant Potato Zermatt

TUESDAY

- 7.15: Vitamin booster shot
- 7.30 – 8.30: 60 minutes Power Yoga and meditation at the Yoga Studio
- 9.00/9.30: Breakfast
- 10.00 – 18.00: Free time, Gym, Spa, massage, explore Zermatt or photoshooting with Fred Vaudroz
- 18.00 – 20.00: Workshop Back to Basics, working on foundation and the fundamental Yoga postures. Personal corrections and progression
- 20.30: Dinner together in our partner Restaurant Potato Zermatt





SchlossHotel

ZERMATT

WEDNESDAY

- 7.15: Vitamin booster shot
- 7.30 – 8.30: 60 minutes Vinyasa Yoga and meditation at the Yoga Studio
- 9.00/9.30: Breakfast
- 10.30: Departure for the 5 lacs hike, picnic on the mountain, 60 minutes Vinyasa near from the Leisee or the Grünsee and optional swimming. Optional Yoga photoshooting at the lake with Fred Vaudroz
- 20.00: Dinner together in our partner Restaurant Potato Zermatt

THURSDAY

- 7.15: Vitamin booster shot
- 7.30 – 8.30: 60 minutes Power Yoga and meditation at the Yoga Studio
- 9.00/9.30: Breakfast
- 10.00 – 18.00: Free time, Gym, Spa, massage, explore Zermatt or photoshooting with Fred Vaudroz
- 18.00 – 20.00: Workshop - Creating your own practice. How to create a session, how to connect your postures, choosing your postures. Learning the art of autocorrection.
- 20.30: Dinner together in our partner Restaurant Potato Zermatt

FRIDAY

- 7.15: Vitamin booster shot
- 7.30 – 8.30: 60 minutes Vinyasa and group meditation at the Yoga Studio
- 9.00 / 10.00: Breakfast
- 11.00: Closing the week together
- Afternoon: Possibility to stay the day at the hotel, Gym, Spa, massage, explore Zermatt or photoshooting with Fred Vaudroz