

PROGRAM

# Weekend Hike & Yoga Retreat (3 days)

## FRIDAY

- Participants arriving from 15.00
- 17.00: Presentation of the Retreat, the hotel and tea time
- 18.00 - 19.30: 90 minutes Opening Vinyasa Yoga session and meditation
- 20.00: Dinner together in our partner Restaurant

## SATURDAY

- 7.00 – 8.45 : Breakfast with vitamin booster shot
- 9.00: Departure for Gornergrat, train-hike to the Riffelsee and 60 minutes Vinyasa Yoga with breathtaking view on the Matterhorn, picnic on the mountain and hike to Riffelberg. option to take the train back to Zermatt or hike back.
- Afternoon free time: Gym, Spa, massages, explore Zermatt
- 17.00 - 18.00: Yin Yoga in the studio to cool down from the day
- Evening: Free time

## SUNDAY

- 8.15: Vitamin booster shot
- 8.30 – 9.30: 60 minutes Vinyasa Yoga session and meditation in the studio
- 10.00 – 11.00 : Breakfast
- 11.00: Closing the weekend together
- Afternoon: There is the possibility to spend the day in the Hotel - Gym, Spa, massage, discover Zermatt

