

PROGRAM

# Weekly Hike & Yoga Retreat (6 days)

## SUNDAY

- Participants arriving from 15.00
- 16.00 – 18.00: Sunset gentle yoga in our secret spot in nature with an amazing view of Zermatt
- 20.00: Dinner together in our partner Restaurant

## MONDAY

- 7.00 – 8.00: Breakfast with vitamin booster shot
- 8.30: Departure for the 5 lacs hike, picnic on the mountain, 60 minutes Vinyasa near from the Leisee or the Grünsee and optional swimming session.
- Afternoon free time: Gym, Spa, massages, explore Zermatt
- 17.00 – 18.00: Yin Yoga recover and take care of you after the hike
- Evening: Free time

## TUESDAY

- 8.15: Vitamin booster shot
- 8.30 – 9.30: 60 minutes Vinyasa Yoga and meditation in the studio
- 10.00 – 11.00: Breakfast
- 11.00 – 16.00: Free time, Gym, Spa, massage, explore Zermatt
- 16.00 – 18.00: Gentle yoga practice and Workshop Back to Basics, working on foundation and the fundamental yoga postures. Personal corrections and progression in our secret spot in the nature
- 20.00: Dinner together in our partner Restaurant



### WEDNESDAY

- 7.30 – 8.30: Breakfast with vitamin booster shot
- 9.00: Departure for Furi, 60 minutes Vinyasa Yoga on the mountain with a view on Zermatt and gentle hike down for a cultural and intellectual walk through the original settlement of Zermatt.
- Afternoon free time: Gym, Spa, massages, explore Zermatt
- 17.00 – 18.00: Slow Flow Yoga and meditation in the studio
- Evening: Free time

### THURSDAY

- 8.15: Vitamin booster shot
- 8.30 – 9.30: 60 minutes Gentle Vinyasa in the studio
- 10.00 - 11.00: Breakfast
- 11.00 – 16.00: Free time, Gym, Spa, massage, explore Zermatt
- 16.00– 18.00: Sunset Yoga Flow in our secret spot in nature with an amazing view of Zermatt
- 20.00: Dinner together in our partner Restaurant

### FRIDAY

- 7.45: Vitamin booster shot
- 8.00 – 9.30: 90 minutes Vinyasa and closing meditation in the studio
- 10.00 – 11.00: Breakfast
- 11.00: Closing the week together
- Afternoon: Possibility to stay the day at the hotel, Gym, Spa, massage, explore Zermatt

