



SchlossHotel

ZERMATT

PROGRAM

# Weekend Hike & Yoga Retreat with Adeline (3 days)

## FRIDAY

- Participants arriving from 15.00h
- 16.00h: Presentation of the retreat & the hotel with tea time
- 17.00 - 18.30h: Opening Vinyasa Yoga & Meditation Session in the studio
- 19.30h: Dinner together in our partner restaurant

## SATURDAY

- 8.15 /20: Vitamin booster shot
- 8.30 – 9.30h : Gentle Vinyasa Yoga in the studio
- 10-11.00h: Brunch
- 11.30h: Departure for Hike

Hike to Zmut with packed lunch to have in the nature, nice coffee break at a terrace and 60 minutes Vinyasa Yoga with breathtaking view on the Matterhorn

- Afternoon free time: Gym, Spa, massages, explore Zermatt
- Evening: Free time

## SUNDAY

- 8.15/20: Vitamin booster shot
- 8.30 – 10.00: Vinyasa Yoga session and meditation in the studio
- 10.00 – 11.00 : Brunch
- 11.00: Packing time
- 12.00 - 14.00h: "Yoga should feel good" workshop.

Discover your yoga, how to adapt and reinvent the asana for your body. This workshop will give you a guideline of fundamental asana to create or develop your own practice at home.

- 14.00 - 14.30h: Closing Circle, discussion and exchange time
- Afternoon: There is the possibility to spend the day in the Hotel - Gym, Spa, massage, discover Zermatt

