



SchlossHotel

ZERMATT

PROGRAM

# Ready, Steady, FLOW – Yoga Retreat with Sarah (5 days)

## SUNDAY

- Participants arriving from 15.00h
- 16.00h: Meeting with the yoga teachers & discussion of the programme over tea and cake
- 17.00 - 18.30h: Opening of the retreat with Vinyasa Yoga and meditation
- 19.30h: Dinner in the partner restaurant

## MONDAY

- 07.30h: Light refreshment with Ayurveda tea and dried fruits
- 08.30 - 09.30h: Yoga class Energising Vinyasa
- 10.00 - 11.00h: Breakfast
- 11.30h: Excursion to Riffelalp with the Gornergratbahn\* and hike to Lake Grünsee with picnic, balance exercises in the open air, breathing exercises in the pine forest and Kneipp in the river.

Optional: Wild swimming in the Lake Grünsee.

- Afterwards: Free afternoon until 17.30h (possibility to use the spa, indoor pool & gym in the hotel).
- 17.30 - 18.30h: Slow Flow Yoga class
- Free evening (possibility to explore Zermatt on your own)

## TUESDAY

- from 08.00h: Light refreshment with Ayurveda tea and dried fruits
- 08.30 - 09.30h: Yoga class with energising Vinyasa
- 10.00 - 11.00h: Breakfast
- 11.00 - 16.30h: Free time

(Excursion possibility to Gornergrat or Matterhorn Glacier Paradise)

- 16.30h: Walk up to Ried with a grounding yoga session in the open air followed by tea & fruit
- 19.30 h: Dinner in the partner restaurant





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## WEDNESDAY

- 08.00h: Light refreshment with Ayurveda tea and dried fruits
- 08.30 - 09.30h: Yoga class with energising Vinyasa
- 10.00 - 11.00h: Breakfast
- 11.30 - 15.00h: Excursion Furi - Zmutt - Zermatt \*

with picnic and grounding yoga session in the open air with deepening of the sun salutation

- Afterwards: Free afternoon & evening (possibility to use the spa, indoor pool & gym in the hotel)

## THURSDAY

- from 07.30h: Light refreshment with Ayurveda tea and dried fruits
- 08.30 - 09.30h: Vinyasa Yoga class
- 10.00 - 11.00h: Breakfast followed by final round of feedback

(Possibility to use spa area, indoor pool & gym in the hotel)

