



SchlossHotel

ZERMATT

PROGRAM

Ready, Steady, FLOW with Sarah (3 days)

TUESDAY

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

WEDNESDAY

- 8.15 /20h: Light refreshment with Ayurveda tea and dried fruits
- 8.30 – 9.30h : Yoga class light Vinyasa
- 10-11.00h: Breakfast
- 11.30h: Departure for Hike

Excursion to Riffelalp with the Gornergrattrain* and hike to Lake Grünsee with picnic, balance exercises in the openair , breathing exercises in the pine forest and Kneipp in the river.

Optional: Wild swimming in the lake Grünsee

- Afternoon free time: Gym, Spa, massages, explore Zermatt
- 17.30- 18.30h: Slow Flow Yoga
- Evening: Free time

*Excursion tickets are at the costs of the participants. Please take your half-fare ticket with you - if available.

THURSDAY

- 7.00: Breakfast
- 8.00 -10.00h: Packing time and check-out (luggage can be stored at reception)
- 10.00h: Walk up to Ried (hotel private outdoor yoga area) with a grounding yoga session in the open air, followed by feedback get together with fruit and tea, then walk back to the hotel .
- There is the possibility to spend the day in the Hotel - Gym, Spa, massage, discover Zermatt

