



LE GRAND BELLEVUE  
GSTAAD

## LE GRAND BELLEVUE ALPINE YOGA RETREATS AUTUMN 2014

Learn how to nourish your body and soul through yoga at the fully renovated Le Grand Bellevue in Gstaad: enjoy easy elegance and exquisite food

### AYURVEDA & YOGA

SEPTEMBER 17 - 21, 2014



CHARLOTTE SAINT JEAN, FRANCE

### SELF AWARENESS & YOGA

SEPTEMBER 24 - 28, 2014



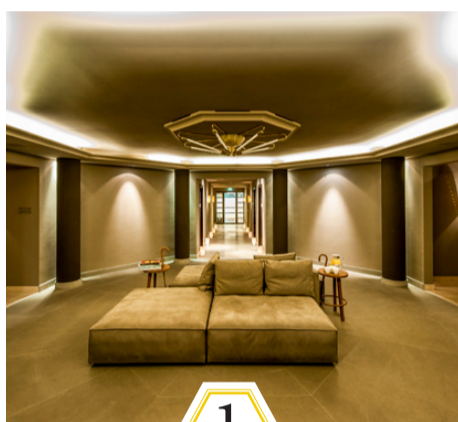
CLEMENS FREDE, GERMANY

### YOGA FOR FOODIES

OCTOBER 1 - 5, 2014



CHANTAL SOETERS, NETHERLANDS



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### AYURVEDA & YOGA

SEPTEMBER 17 - 21, 2014

We are hot wired the day we are born to be a certain type of person. We cannot change this, we can try to alter it through different life passages but ultimately we are who we are. In Ayurveda this is called your Prakrti and it is made up of three Doshas.

#### *This retreat will enable you to:*

- Understand some of the basics of Ayurvédā and get to know your Doshic type
- learn how to better balance your life
- learn how to modify your daily lifestyle to create a better harmonious living
- Enjoy flowing and fluid yoga practises with plenty of fun and a healthy dose of relaxation too
- Practice yoga in combination with a plethora of outdoor activities in beautiful Alpine surroundings
- Enjoy casual luxury accommodation with refined inventive and healthy cuisine

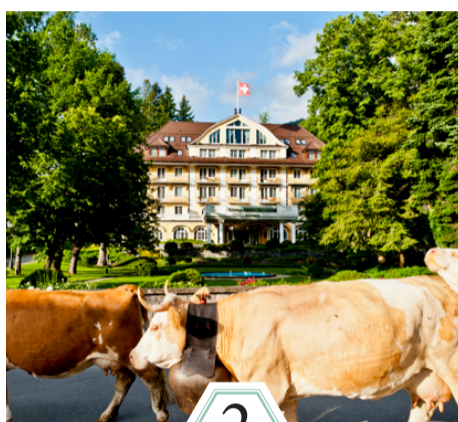
CHARLOTTE SAINT JEAN has been teaching yoga since 2002 in France. She has integrated her learnings from renowned teachers from the Sivananda Vedanta School into an inspiring and own unique style whilst respecting the traditions of this ancient practise.

[www.yogachezmoi.com](http://www.yogachezmoi.com)

CHF 2,400

4 nights accommodation in double room with single occupancy  
 Full board including water and juices (except alcoholic beverages)  
 Free flow alpine herbal ice tea in the Spa.  
 Use of the indoor heated pool and Jacuzzi  
 Use of the sauna and steam bath area  
 Use of the fitness room  
 15% discount on Spa treatments (except hairdresser)

CHF 1,200 without accommodation  
CHF 480 for yoga classes and access to Le Grand Spa only



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### SELF AWARENESS & YOGA

SEPTEMBER 24 - 28, 2014

In today's world, we get stressed out by our work, our family and everyone's expectations - including our own. We are never good enough, so we hide in a daily routine to avoid our emotions and our fears. We don't dare to step outside of the routine, out of the security, away from the excuses, to listen to our heart.

#### *This retreat will enable you to:*

- Find your purpose and focus in life again
- Reinvigorate your dreams and your passions
- Reconnect with your body and your mind, by drawing on yoga, mindfulness and psychological insights
- Participate in a variety of fascinating and fun sessions which will take you on an incredible journey
- Focus on healthy alignment and apply yoga as a comprehensive philosophy in your everyday life
- Practice yoga in combination with a plethora of outdoor activities in beautiful Alpine surroundings
- Enjoy casual luxury accommodation with refined inventive and healthy cuisine

CLEMENS FREDE works as a yoga teacher and marketing consultant in Hamburg and studies performance psychology; with an attuned sensibility he draws these disciplines together to improve the pursuit of balance. He has trained with internationally acclaimed yoga teachers and completed the Airyoga teacher training in Munich with a focus on anatomy and Vinyasa Flow as well as the Anusara Yoga teacher training with its unique principles of alignment.

[www.clemensfrede.com](http://www.clemensfrede.com)

CHF 2,400

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 Full board including water and juices (except alcoholic beverages)  
 Free flow alpine herbal ice tea in the Spa  
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### YOGA FOR FOODIES

OCTOBER 1 - 5, 2014

Good food is at the essence of a happy, healthy and passionate life.

Food, as yoga, is all about balance.

Small choices you make every day affect your health and happiness.

#### *This retreat will enable you to:*

- Learn different ways to nourish yourself through cooking demos, tasting sessions, food experiments
- Receive one-on-one health coaching consultations to learn what your body needs to restore balance and energy
- Walk away from it with a new set of skills and practices that empower you and boost your health and happiness
- Enjoy pure and delicious food, food that makes you feel happy, nourished and whole
- Practice fun and light-hearted yoga classes, focused on alignment and its restorative and therapeutic benefits helping to find more freedom in your body
- Enjoy casual luxury accommodation with refined inventive and healthy cuisine

CHANTAL SOETERS is a yoga teacher and health coach at Delight Yoga in Amsterdam. She has extensive experience working with private clients, aiming to achieve a healthy life-work balance. Chantal teaches a strong Vinyasa Flow class but also slow-paced yoga classes. She studied at the Institute of Integrative Nutrition, where she was trained in more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods.

[www.chantalsoeters.com](http://www.chantalsoeters.com)

CHF 2,500

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 Use of the indoor heated pool and Jacuzzi  
 Use of the sauna and steam bath area  
 Use of the fitness room  
 15% discount on Spa treatments (except hairdresser)

CHF 1,300 without accommodation  
CHF 480 for yoga classes and access to Le Grand Spa only