



LE GRAND BELLEVUE ALPINE YOGA RETREAT GSTAAD 2017

EMBODIED PRESENCE: LIVE IN THE NOW

SEPTEMBER 29 – OCTOBER 2, 2017



CHANTAL SOETERS

SCHEDULE

This week will help you to slow down and unplug yourself to relieve stress and clear stuck energy in order to regain focus and recharge. During this week you will learn simple techniques and practices to incorporate into your daily life, which help you to slow down, be present and experience your life more fully.

Each day consists of a morning meditation session, an energizing vinyasa flow class and a restorative afternoon session. During the yoga sessions Chantal will guide you to find more freedom by emphasizing safety through alignment, taking into account your unique background and experience. At the same time she encourages you to challenge yourself, to step out of your comfort zone and to explore your attitude on and off the mat. By investigating your thoughts, emotions and automatic responses you begin to notice how you unconsciously create tension and constriction in your mind and body.

Instead of getting all tangled up in your thoughts and emotions, Chantal helps you to free up your mind and body by waking yourself up to the present moment. You will notice throughout this weekend how practicing being present helps you to slow down, become quiet and connect with your inner wisdom. Being totally present and letting go of control allows you to deeply relax into who you are. You will come away from this retreat with more focus and energy, and the ability to face your everyday challenges with more clarity and ease.

CHF 1'795 PER PERSON SHARING A DOUBLE ROOM
CHF 1'995 PER PERSON PER STAY IN A SINGLE ROOM

*13:00-14:00 / Arrival and check-in
14:00-15:00 / Brunch and getting to know each other
17:30-18:30 / Restorative yoga to get grounded after travelling
19:00-20:00 / Dinner*

*07:30 - 08:00 / Meditation (optional)
08:00 - 08:45 / Fruit and tea (light breakfast)
09:00 - 10:30 / Vinyasa yoga
11:00 - 12:00 / Brunch
12:00 - 17:30 / Free time (optional: from 13:00-16:00
a guided bike ride to Chateau D'Oex)
17:30 - 18.30 / Restorative Yoga/Yin Yoga
19:00 - 20:00 / Dinner*

*07:30 - 08:00 Meditation (optional)
08:00 - 08:45 Fruit and tea (light breakfast)
09:00 - 10:30 Vinyasa yoga
11:00 - 12:00 Brunch
12:00 - 17:30 Free time (optional: from 13:00-16:00
a guided hike and meditation up on Wispile mountain
17:30 - 18:30 Restorative Yoga/Yin Yoga
19:00 - 20:00 Dinner*

*07:30 - 08:00 / Meditation (optional)
08:00 - 08:45 / Fruit and tea (light breakfast)
09:00 - 10:30 / Vinyasa yoga
11:00 - 12:30 / Brunch
12:30 - 13:00 / Farewell ceremony*

FRIDAY

SATURDAY

SUNDAY

MONDAY