

THE YOGA BEAT

Swiss Alps Retreat

YOGA / PRANAYAMA / MEDITATION / HIKING

Hotel Beau-Site, Valais, Switzerland

September 7 - 12 2019



Stella Shakerchi from The Yoga Beat UK and Chris Leuenberger from open-yoga Bern (www.open-yoga.ch) invite you to join them for their yoga retreat held at pension / hotel Beau-Site in the Swiss Alps.

The Beau-Site is a historic hotel tastefully renovated to make you feel at home while being in close communion with the scenery of the surrounding pine woods and mountains.

Enjoy relaxing yet focused daily yoga sessions, fill up on fresh mountain air and take your body, mind and spirit to higher vibrations.

During your free time you can walk trails that take you through forests and meadows to breathtaking views overlooking the Valais and the many snow-peaked mountain tops.

You will come home feeling inspired and recharged!

Teachers



Stella Shakerchi teaches creative writing and yoga in Oxford.
Chris Leuenberger is a dancer / choreographer based in Bern.
Both are 500hr RYT yoga teachers.

www.theyogabeat.co.uk / www.chrisleuenberger.com

Group Size

The maximum number of participants in the group is 18.

Location

Hotel Beau-Site is located in the small village of Chemin near Martigny in the lower valley of the canton Valais in the South of Switzerland.

The village is perched atop a plateau of mountain meadows and forests.

As the Beau-Site looks west and southward, guests can expect a maximum number of sunshine hours. From the hotel garden and terrace magnificent sunsets can be enjoyed.

The hotel features luminous common areas with terraces and verandas that offer panoramic mountain views, a charming library with variously-themed books where useful information on hiking and excursions in the Valais region can be obtained. There is even a cozy music room with a piano.

The beautiful, spacious yoga studio has a spectacular view on the pine woods and the mountain slopes.



Practices

During this retreat you will have two daily yoga classes with Stella and Chris. Experience extensive sessions of Vinyasa, Kundalini and Restorative yoga including Yoga Nidra and a Sound Bath.

Join us for Celestial Communication (mantras with extended mudras) in the evening to round off the day.

Between the yoga sessions there is time for leisurely strolls and hikes.

On this retreat we will offer three guided hikes.

Typical Day Schedule

You will start your day with a 90 minutes Vinyasa class including some basic pranayama and a short meditation session. After your class you will have your well deserved breakfast.

On Sunday and Tuesday we will offer a more extensive hike. The Beau-Site chefs will prepare a tasty picnic lunch which we will pack and bring along.

On all other days lunch will be served at 1 pm in the hotel's restaurant.

If you don't want to join the hikes, you will have plenty of time to enjoy the views, lounge in the inviting common areas, explore nature and village life.

In the late afternoon we will gather for a 60 minutes kundalini yoga class (Sunday, Tuesday) or a 90 minutes restorative yoga class with yoga nidra and / or sound baths (Monday, Wednesday). To round off our yoga for the day we hope you'll join us for a calming sunset meditation (sun-gazing).

After dinner you're invited to 20 minutes of mantras with music and mudras.

Meals

At this retreat healthy, vegetarian meals will be served. The hotel is one of the few exclusively vegetarian hotels in Switzerland. Meals are lovingly prepared with local ingredients by the Beau-Site chefs.



The following meals are included: breakfast, lunch, dinner, drinks.

Should you have special dietary requirements, send an inquiry to Chris: contact@chrisleuenberger.com

Accommodation and Cost

The bright, comfortable hotel rooms were all renovated and given a unique and personal touch while keeping the charm and simple style of a historic Swiss mountain hotel. The bathrooms and showers are shared and can be accessed from the corridors of each floor.



Quadruple Room (4 x)	EURO 690
Triple Room (3 x)	EURO 690
Double Room (4 x)	EURO 790
Single Room	EURO 940

What's included:

- 2 yoga classes a day (Vinyasa, Kundalini, Restorative)
- lovingly prepared sessions of yoga nidra and sound baths
- 3 guided hikes (optional)
- 5 nights accommodation in single, double, triple or quadruple rooms in the historic hotel dating from 1912
- 3 delicious seasonal & organic vegetarian meals per day
- coffee or teas after meals

- buffet of fruit and teas during the day
- mantras & mudras after dinner

What's not included:

- Airfares & Airport Transfer

Things to do



There are countless hiking trails leading in all directions from the hotel Beau-Site. Whether you prefer a leisurely stroll in the surrounding woods or feel like a more challenging hike all the way up to the Rock of Arroi, the trails are all marked very well.

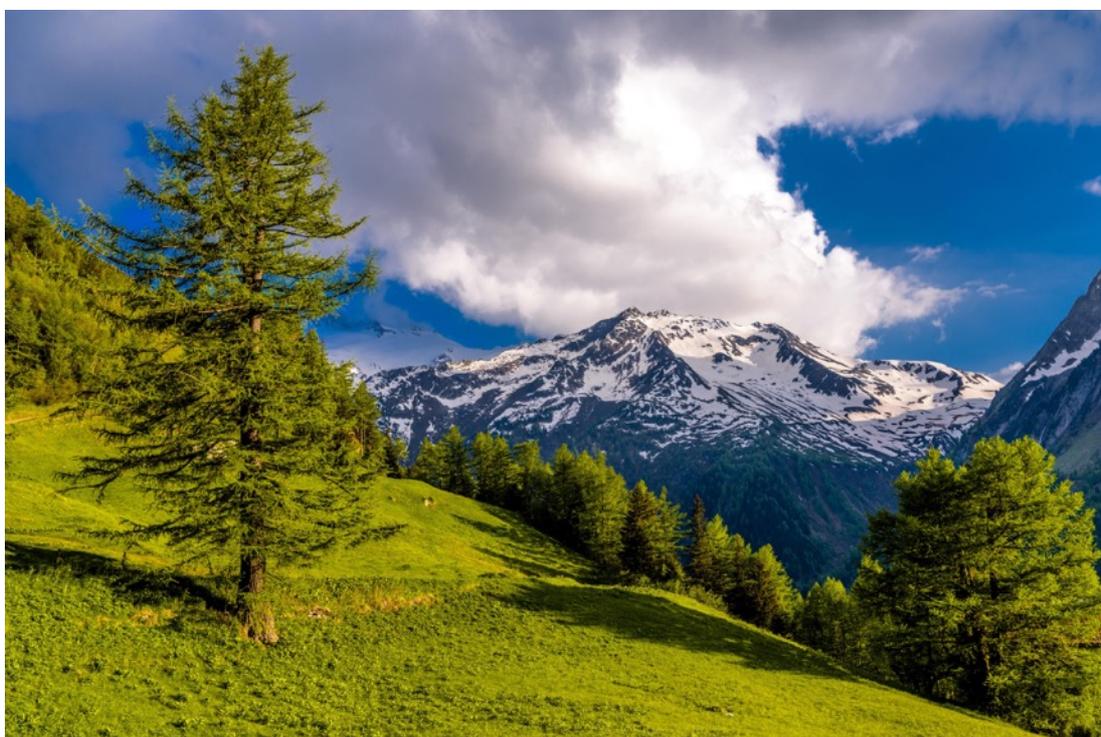
Arrival & Departure

Arrival is on Saturday afternoon, September 7th.

Departure is on Thursday, September 12th after lunch.

Getting there

For people coming from abroad, it is easiest to book your flight to Geneva. There are very affordable Easyjet flights from London Luton and London Gatwick to Geneva. Make sure you book your flight well in advance. Try to book a morning flight for September 7th and an evening flight for September 12th as we'll have a last morning Vinyasa class, a hike or Kundalini class after breakfast as well as a farewell lunch on the 12th. The retreat officially ends on September 12th at 3pm. At Geneva airport you can take a train to Martigny. It is a scenic 2h train journey along the shores of lake Geneva towards the mountains. From Martigny take a bus to the village of Chemin (10 minutes). Depending on your arrival time we might be able to organize a shuttle from Martigny directly to the hotel.



Payment and cancellation policy

To confirm your space please transfer a 50% deposit. The balance is due 2 weeks before the start of the retreat (August 24 2019). Bank details will be provided on registration.

Cancellation policy as follows:

More than 60 days before the holiday a refund will be given less a 50 Euro admin charge. Less than 60 days before the holiday a refund (less a 50 € administration charge) will only be given if the space can be filled.