

Winter Retreat in the Engadine Valley

BREATHWORK / YOGA / WELLNESS / HIKING



20 - 23 MARCH 2025

SPORTHOTEL PONTRESINA, ENGADIN, SWITZERLAND

INTRODUCTION

Manuela and Chris invite you to an uplifting and transformative retreat in the beautiful Swiss mountains of the Engadine.

In March the Upper Engadine Valley is still covered in snow, but the expansive energy of spring is already tangible. This special time on the cusp of spring holds a lot of potential for growth and transformation.

Join us in Pontresina and treat yourself to 3 nights with half board and a 4-day program of Conscious Connected Breathing, Kundalini Yoga, Vinyasa Yoga and inspiring hikes through a stunning winter landscape.

Fill up on fresh mountain air and detox your body and mind! Tune in to the energy of the awakening spring and allow yourself to expand into your true and vibrant self!

FACILITATORS

Manuela Knobel is homeopath, kundalini yoga teacher, systemic hypnotherapist and breathwork facilitator. www.manuelaknobel.com

Chris Leuenberger is a dancer, choreographer, yoga teacher and breath coach.
www.chrisleuenberger.com



GROUP SIZE

The number of participants is a minimum of 8 and a maximum of 16.

LANGUAGE

The language of instruction is German or English depending on the composition of the group.

DESCRIPTION OF PRACTICES

During our four-day retreat we want to give you plenty of time to rest and decompress - both during our guided practices and in the hotel's beautiful spa facilities with spectacular mountain views.

Gift yourself these special moments of introspection in order to create space for inner growth and transformation.

We have prepared a carefully selected program of energising, detoxifying and relaxing practices for you to allow the stagnant winter energy to circulate and flow again:

- **Conscious Connected Breathing** to deepen the connection to yourself, to regulate your nervous system and to facilitate inner processes.
- **Kundalini & Vinyasa Yoga** to increase energy flow and detox body and mind.
- **Hiking** through the peaceful winter landscape to get inspired by nature's potent energy on the cusp of spring.

Conscious Connected Breathing is practiced lying down to music. You will be invited and reminded by our voice to let the breath flow continuously through all breathing spaces. This changes the body chemistry and leads to expansive states of consciousness. Tension and blockages can be released and stress reduced.

In **Kundalini Yoga** we combine dynamic and static physical exercises with concentration on the breath, meditation and mantras.

In **Vinyasa Yoga** we stretch tendons and ligaments, stimulate the body fluids and enter into a steady and mindful flow of movement that is synchronized with breathing.

The combination of **breathwork**, **yoga** and **hiking** in the natural surroundings of the Engadine Valley detoxifies body and mind, regulates the nervous system and prepares us for the expansive energy of spring.



ARRIVAL AND DEPARTURE DAY

Arrival is planned for Thursday afternoon between 2 and 4 pm.

Departure is planned for Sunday between 11 am and 1pm.

LOCATION

Situated in the highest valley of the Upper Engadine, Pontresina is sunny and sheltered from the wind by a sloped terrace on the southwest side of the property. The well-preserved Engadine village stretches from 1777 to 1860 metres above sea level. It is surrounded by dense pine and larch forests.

ACCESSIBILITY

You can reach the Sporthotel Pontresina easily by car, by train or via Samedan airport.

Parking spaces are available in the underground car park and can be used for a fee.

If you arrive by train and would like to use the SBB luggage check-in service, the hotel staff will be happy to collect your luggage from Pontresina station. Please mark your luggage legibly with "Sporthotel Pontresina" and inform the hotel in advance.

RETREAT FEE

From 895.- CHF in a double room

From 940.- CHF in a single room.

Included in the price are 3 nights with half board (breakfast and dinner), all practices and all of the hotel's inclusive services (see below)

- Prices plus visitor's tax (CHF 3.10 per person and day)
- Other room categories on request / bookable online
- Additional nights according to daily rates

BOOKINGS

Bookings go directly through the hotel:

<https://www.sporthotel.ch/en/zimmer/angebote/breathwork-kundalini-vinyasa-yoga-wandern>



WHAT'S INCLUDED

- 120 minutes Welcome Session:
Introduction to Conscious Connected Breathing & first breathwork journey
- 2 x 90 minute Conscious Connected Breathing before dinner
- 1 x 75 minute Kundalini Yoga
- 1 x 75 minute Vinyasa Yoga
- 1 x 75 minute Closing Session with elements of Kundalini, Vinyasa and Yoga Nidra
- 3 guided hikes
- rich breakfast buffet with healthy, homemade, fresh and regional products
- 3 delicious 4-course dinners with 3 choices for the main course
- free access to rooftop spa & wellness oasis featuring breathtaking views
- bathrobe during your stay
- free use of all public transportation between Alp Grüm, Maloja and Brail



DAILY SCHEDULE

Program Day 1 – Thursday, March 20 2025

	Individual arrival
4 - 6pm	Introduction to Conscious Connected Breathing and first Breathwork Session with Manuela and Chris
6 - 7pm	Welcome Apéro
7pm	Dinner with 4-course menu

Program Day 2 – Friday, March 21 2025

8 - 9.15am	Kundalini Yoga with Manuela
9.30am	Breakfast
11am - 2pm	Winter hike or individual program
5 - 6:30pm	Conscious Connected Breathing with Chris
7pm	Dinner with 4-course menu

Program Day 3 – Saturday, March 22 2025

8 - 9.15am	Vinyasa Yoga with Chris
9.30am	Breakfast
11am - 2pm	Winter hike or individual program
5 - 6.30pm	Conscious Connected Breathing with Manuela
7pm	Dinner with 4-course menu

Program Day 4 – Sunday, March 23 2025

8 - 9.15am	Vinyasa & Kundalini Yoga with Manuela & Chris
9.30am	Breakfast
11am	individual departure or short hike and use of spa facilities

FOR FURTHER INFORMATION AND QUESTIONS

christoph.leuenberger@gmail.com