

W VERBIER & EXOTIC YOGA RETREATS PRESENT: **YOGA**

@ **ALTITUDE**

**STRETCH HIGH
BREATHE IN
CHILL OUT
BE ZEN**

5-DAY RETREAT | AUGUST 1-6 | MONDAY TO SATURDAY

MORNINGS

SLEEP IN, OR JOIN US FOR AN OPTIONAL GUIDED MINDFULNESS MEDITATION SESSION TO BRING IN THE NEW DAY! AT 8:30, JOIN GAYLE OLSON IN A FUN, DEEP AND EXPLORATIVE ALIGNMENT-BASED HATHA-VINYASA YOGA PRACTICE, FOLLOWED BY A HEALTHY BREAKFAST IN W VERBIER'S RESTAURANT TO PREPARE YOU FOR A DAY OF HIKING, SPA AND RELAXATION!

AFTERNOONS

YOU ARE FREE TO CREATE YOUR OWN ALPINE ADVENTURE—WHETHER EXPLORING ONE OF THE AREA'S STUNNING HIKING TRAILS, SOARING ABOVE THE MOUNTAINS WITH A PARAGLIDER, OR LIVING IT UP ON THE BEACH AT PLACE BLANCHE. THE HOTEL OFFERS A RANGE OF THE LATEST BEAUTY AND DETOXIFICATION THERAPIES AND CHROMEOTHERAPY IN ITS 800 M² AWAY® SPA, SO BOOK YOURSELF IN AND UNWIND. IN THE LATE AFTERNOON WE RE-CONVENE FOR A RELAXING AND REJUVENATING RESTORATIVE YOGA, PRANAYAMA AND MEDITATION SESSION.

EVENINGS

SEE THE SUN SET OVER THE MOUNTAIN PEAKS, FOLLOWED BY A MENU OF SWISS AND MEDITERRANEAN FLAVORS, DELICIOUS HEALTHY FOOD AND GREAT COMPANY! TAKE A STROLL AROUND TOWN OR WATCH THE STARS FROM THE HOTEL TERRACE, OR CLIMB INTO BED EARLY WITH A BOOK. OUR RETREAT PROVIDES THE PERFECT SETTING FOR YOU TO RELAX, REJUVENATE AND BE INSPIRED IN THE WAY THAT FITS FOR YOU!

YOGA RETREAT PACKAGE

JOIN GAYLE
AS YOU POSE IN PARADISE

BOOK NOW!

RESERVATIONS.WVERBIER@
WHOTELS.COM //
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EXOTIC YOGA RETREATS

See the World Differently

W
VERBIER