

Yoga Retreat Alpine Pause for Body & Mind

20.08. - 22.08.26

This retreat offers an extended pause from urban life creating space to move from doing into being.

yoga niamh - presence in motion
More info: www.yoganiamh.ch



Overview offering



Mornings

Before brunch, we start the day with a dynamic Vinyasa Yoga practice. These morning sessions focus on building strength, stability, and fluid movement.

Evenings

In the evenings, we move at a slower pace. Through restorative Yoga and mindfulness techniques we move towards a nourishing state of being.

Between sessions, there is time to rest, read, go for hikes, enjoy the alpine nature or relax in the sauna or the hotpot.

The Retreat package includes:

- 4 yoga practices (mats & props are available)
- Accomodation
- All meals
- Fruit & tea all day
- Use of sauna & hotpot

Costs: Double (shared bath): 530 CHF
Double (private bath): 630 CHF
Single (shared bath): 640 CHF
Single (private bath): 750 CHF
Small single (shared bath): 580 CHF
(Insurance and travelcosts are not included)