



## yoga mountain retreat | 4 - 7 June @ Sterna, Feldis

The **yoga mountain retreat** will take place in the [Berghotel Sterna Feldis](#), beautifully located in a mountain panorama and well suited for our mindfulness and yoga retreat.

We will be nurturing our bodies with local and healthy **food**, sit together in **meditation**, move & explore our bodies and minds during **yoga** practice, and explore the area on walks and guided **hikes**.

The retreat shall be an opportunity for you to go **inwardly**. All parts of the retreat are optional, and you can always take time for yourself - for example to enjoy the sauna.

As a group of 10 people, we will be supporting each other in finding **peace, calmness, clarity** - whether that is in nature or during yoga practice. The retreat languages are English and German, depending on the group/individual preferences.

# Program

Program is subject to change based on weather conditions and how the group feels.

## Thursday

What

### **16.00 Check-in at Sterna & welcome zvieri**

17.00	Opening circle (30 min)
18.30	3 course-dinner
21.00	Yin yoga / meditation (1h)

## Friday

7.00	<i>Sunrise meditation</i>
7.30	Morning yoga (1h)
9.00	Breakfast
10.30	Workshop (1h)
12.00	Guided walk around Feldis (1-2h) incl. lunch
15.00	Back from the walk, afternoon snack
17.00	Afternoon yoga (1h)
18.30	3-course dinner
21.00	Yin yoga / meditation (1h)

## Saturday

7.00	<i>Sunrise meditation</i>
7.30	Morning yoga (1h)
09.00	Breakfast
10.30	Guided hike to Dreibündenstein (3-4h) incl. lunch
16.00	Back from the hike, afternoon snack
17.00	Afternoon yoga (1h)
18.30	3-course dinner
21.00	Yin yoga / meditation (1h)

## Sunday

7.00	<i>Sunrise meditation</i>
7.30	Morning yoga (1h)
9.00	Breakfast
<b>10.00</b>	<b>Latest check-out from the rooms</b>
11.00	Closing circle (30 min)
<b>12.00</b>	<b>Departure</b>

*All program points are optional. You can attend what you like.*

## Pricing

There are three different categories for the rooms:

- Deluxe rooms include an en-suite bathroom
- Standard and simple rooms share a bathroom on the floor

All double rooms are also available with separate single beds.

Deluxe double room: **795 CHF** / person

Deluxe single room: **975 CHF** / person

Standard double room: **690 CHF** / person

Standard single room: **810 CHF** / person

Small single room: **690 CHF** / person

Included in the price for all categories:

- *All overnight stays*
- *Yoga room including yoga mats and cushions*
- *Unlimited use of the lounge and nature park around the hotel*
- *Breakfast buffet with regional and homemade products*
- *3-course dinner (vegetarian or with organic meat)*
- *Large selection of teas, coffee, and spring water available always*
- *Cake or soup in the afternoon*

*Not included* is **transportation** (train ticket Zurich HB-Feldis (one way) is roughly 25 CHF with Halbtax and takes 2h) as well as **lunch**. As we will be on hikes and walks during the day, we will be getting lunch on the way.

You can also arrive by **car** and park at the [Talstation Luftseilbahn Rhäzüns-Feldis](#) (parking for free), then take the cable car up to Feldis. There are limited parking spaces at the Hotel (10 CHF). If you are required to come by car all the way to the hotel, reach out for directions.

## Registration

You can register for the retreat by filling out [this form](#).



## Location

Feldis (GR) is a picturesque mountain village in the canton of Graubünden, located on a sunny terrace high above the Rhine Valley. Surrounded by alpine meadows and panoramic mountain views, it offers a peaceful retreat with fresh mountain air and a strong connection to nature.

Impressions from hikes around Feldis from past retreats:





## Accommodation

We will be staying at the beautiful [Berghotel Sterna](#) in Feldis that is well suited for retreats. Sauna, hot tub, and massages can be booked at the hotel and are charged separately.



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## Packing list

What to bring:

- **Clothes** for 4 days of yoga & hiking
- Hiking **boots** & slippers for the hotel
- A day **backpack** for the walks/hikes
- A refillable water **bottle** for the walks/hikes
- Personal **yoga props** that you have at home, and you'd like to bring. There will be yoga mats and cushions available.

## Yoga teacher

This retreat is led by [Lisa](#) (500h RYT in Hatha Yoga) who is teaching yoga since 2018 and has been organizing yoga retreats in the Swiss mountains since 2019. Since 2024, Lisa is also a certified Swiss Alpine Club hiking guide and will be leading the guided hikes.



I am looking forward to this retreat with you!

Lisa