

## *Yoga Retreats*



**4-day package at 300€/pers. 12 hours of yoga classes and workshops without accommodation**

**4-day package at 420€ / pers. 12 hours of yoga classes and workshops with SPA access - without accommodation**

**4 days/3 nights package at 973€/pers. in single room (\*)**

**4-day/3-night package at 703€/pers. in double room (1406€ for 2 people)(\*)**

**Option accompanying 4 days/3 nights. at 354€ (accommodation and breakfasts included)**

*(\*)These packages include : 12h of Yoga classes, accommodation, breakfast, first dinner (mineral water & coffee/tea included), unlimited SPA access*

« *One needs to know how to retract from daily life for a moment in order to rest, to rebalance oneself and reinforce inner strength.* »

This retreat welcomes both beginners and intermediate level yoga practitioners.

The retreat offers a variety of yoga classes focussing in particular on the **VINYASA technique**, a series of dynamic movements harmonized by respiration.

On top of that, you'll have the possibility of discovering **Hatha Yoga**, taking full charge of ones' body and mind. Some sessions might include elements of **Yoga Yin**, pranayama and meditation.

Added to the program is **Yoga Nidra**, a meditation technique both soothing and fortifying at once. All classes will be tailored to the group so each participant can enjoy the benefits of an individualized practice.



*Throughout the retreat you will be accompanied by Stéphanie Guiard, accomplished yoga teacher.*

Educated in traditional Yoga inspired by Swami Sivananda of India, she discovered Ashtanga Yoga ten years ago in Australia. Continuing learnings of Yoga Vinyasa in Asia and India, proceeding to restorative Hatha Yoga as well as adding both Nidra Yoga as and hormonal yoga, she masters the subject!

She favors a soft approach staying in close contact with nature combining meditation with energetic aspects.

Her philosophy: revealing the beauty of each and every one by taking good care of oneself.

**HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • WINERY**

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