



ALPINE
YOGA RETREAT
WITH JAX MAY

ALPINE YOGA RETREAT AT LE GRAND BELLEVUE

With Jax May

23-28 March 2014

2 yoga classes a day and an incredible Spa area - come and join us for an exclusive and pure Yoga experience at Le Grand Bellevue.

Le Grand Bellevue has been fully revamped after a change in ownership. Swathed in a neutral colour palette with eclectic furnishings, guests are invited to unwind in exquisite surroundings. Voted one of the top 10 yoga teachers in the UK by Yoga Magazine 2010, and voted by the public as one of the best teachers in the UK by Yoga Fit Magazine 2012, Jax is a best selling author, the Nike Yoga presenter and a well-respected global teacher.

Her style follows no set of rules in isolation of the extensive 22 years training that she has undertaken and instead she prefers to help students listen to their yoga practice with the ears of their physical bodies to re-calibrate energy flow through the breath resulting in feeling more alive, content & happy. She has studied extensively restorative, ashtanga, vinyasa flow, dynamic, acro and Yin Yoga as well as being a teacher of the Pilates system.

The Alpine Yoga Retreat is CHF 2420 per person including

the full Yoga Program, accommodation on a single occupancy basis, daily brunch & dinner and unlimited access to Le Grand SPA.

Special Offer for Local Guests at CHF 920 per person including

the full Yoga Program as well as daily biological vegetarian lunch & dinner (meals from Sunday evening to Thursday evening). Accommodation is not included in this offer.

LE GRAND BELLEVUE

3780 GSTAAD, SWITZERLAND
T +41 33 748 01 01 F +41 33 748 00 01
SPA@BELLEVUE-GSTAAD.CH
BELLEVUE-GSTAAD.CH

YOGA PROGRAM

Sunday 23rd

17:00 - 19:00

Yoga Meditation class.

Welcome heart and hip opening practice.

Monday 24th

8:30 - 10:30

17:00 - 18:30

Dynamic yoga and recalibration of the spine practice.

Yin yoga for joint opening and the female heart energy.

Tuesday 25th

8:30 - 10:30

17:00 - 19:30

Dynamic yoga and the healing power of the breath.

Yin yoga for joint opening and the male brain energy.

Wednesday 26th

8:30 - 10:30

17:00 - 19:30

The implications of verticality in the spine in yoga.

Tibetan breathing class the 6elements.

Thursday 27th

8:30 - 10:30

17:00 - 19:30

Dynamic vinyasa yoga and balance.

Closing practice and yoga for life.

Friday 28th

9:00 - 10:00

Guided healing self-practice for the home and goodbyes.

End of Yoga Retreat

Daily meditation with Nicole at 8:00 – Each yoga class is followed by a high quality biological vegetarian lunch or dinner .



