



LE GRAND BELLEVUE

GSTAAD

GSTAAD Yoga Snow Flow & Spa Retreat 23-28 March 2014



14th February 2014 [Le Grand Bellevue](#) is excited to announce its collaboration with acclaimed Balearic yoga specialists, **Formentera Yoga**. From 23-28 March, they will debut this partnership with their first **Yoga Snow Flow & Spa Retreat** in Gstaad taught by best-selling author, Nike Yoga Brand Ambassador and Yoga Expert **Jacqueline Lysyca**. In a location bestowed with the rejuvenating energy of the ancient Alps, this retreat welcomes guests to experience true wellness in mind, body and soul with a combination of dynamic yoga, ski and spa. Recently re-launched under new ownership and a complete renovation, Le Grand Bellevue combines the grandiose architecture of a landmark hotel with the stylish, contemporary interior design of a boutique hotel and spa.

Requiring a prepared body, a focused mind and open heart, the unique pairing of yoga and skiing is the perfect match. Two hour specialized morning yoga and meditation classes will be followed by an alkalizing, yoga-menu lunch. After a day zipping down the silky slopes, guests are invited to indulge in spoiling moments at [Le Grand SPA](#), where bespoke, personalised spa programs can be tailored to suit every need. From yoga based holistic treatments to intensive purification and de-stressing rituals, a team of caring professionals create the perfect sojourn so guests return home rejuvenated by the Alpine Retreat. Refresh with an immune-boosting Turkish steam bath or re-energize at the Brine Grotto, where finely dissolved sea salt is nebulised at regular intervals. Rejuvenate in the traditional Finnish outdoor sauna or ice grotto and relax in the cosy warmth of the Laconium. The Kneipp indoor Pool works wonders for the body's circulation diminishing cellulite in conjunction with the depth of the Dynamic Yoga practice. The sports and fitness massage heals the connective tissue between the muscles and joints to improve flexibility and posture, vital qualities for on the slopes and during yoga practice. Gym bunnies can work out using state of the art Techno-gym Equipment, or simply lie back in the peaceful Relaxation Lounge, complete with heated waterbeds to drift off.

After a healthy dinner in the hotel's **Michelin-Starred Restaurant**, guests will return to the yoga mat for a two hour yoga and somatic meditation class to stretch out aching muscles, letting the adventure of the day settle and wind down for the night.

Reservations:

6-day Yoga Snow Flow & Spa retreat at Le Grand Bellevue Gstaad is priced from CHF 1920 (approx. £1,300) per person.

This includes accommodation, daily brunch & dinner, yoga classes and unlimited access to Le Grand SPA.

Contact: +41 33 748 00 00 / info@bellevue-gstaad.ch
www.bellevue-gstaad.com