

LE GRAND BELLEVUE ALPINE YOGA RETREATS

AUTUMN 2014

Learn how to nourish your body and soul through yoga. Come and join us for an exclusive and pure yoga experience at Le Grand Bellevue. Le Grand Bellevue has been fully revamped. Swathed in a neutral colour palette with eclectic furnishings, guests are invited to nourish themselves and unwind in exquisite surroundings.



YOGA RETREAT 3
October 1 - 5, 2014
CHF 2,500

Instructor: **Chantal Soeters, Netherlands**

Yoga for Foodies

Learn unknown ways to feed yourself

Lead your body to restore balance and energy

Relish pure and exquisite food

Through cooking demos, tasting sessions, food experiments and one-on-one health coaching consultations, Le Grand Spa yoga and alpine retreat is the key to boost the health and happiness with a new set of skills and practices.

Surrounded by unrivalled settings, attendees experience yoga as a way to freedom of body, mind and spirit within a Condé Nast Hot List awarded hotel. The environment of Le Grand Bellevue has it all to a perfect realignment of the body to more health, vitality and energy.

Chantal Soeters is a yoga teacher and health coach living and teaching in Amsterdam. Chantal studied at the Institute of Integrative Nutrition, discovering an extensive number of dietary theories and practical lifestyle coaching methods. She practices many styles of yoga and teaches regular group classes at Delight Yoga in Amsterdam, providing also individual coaching sessions. She loves teaching a strong Vinyasa Flow class but is just as happy teaching slow-paced yoga classes that focus on alignment the restorative and therapeutic benefits of yoga.

PROGRAM

Wednesday 1st, Arrival at 15 :00

DE-STRESS

17:30-19:00

in the garden

Post-Travel Yoga Practice:

Opening up the Hips and the Front Body.
Relieve congestion and restrictions in your body
and create space for what feeds your soul.

19:30

Shared Dinner

Leonard's Terrace

Heathy Bites to Share
and to get to know each other

21:30

Post-dinner evening walk
in the fresh mountain air (in silence)

Thursday 2nd

DE-TOX

08:00 - 09:30

workout room

Yin Yang Yoga Practice:

Twists to Remove Toxins and Boost Immunity

10:00

Light Breakfast

11:00 - 12:00

in The Lounge

Workshop

Simple detox tips for fast paced lives

13:00

Lunch

14:30 - 15:30

workout room

Restorative/Yin yoga practice

16:30-17:30:

in the kitchen:

Juicing & Smoothie Workshop

- Juicing and smoothie Do's and Don'ts
- Demo on how to create the best juices & smoothies
- Selection of juices and smoothies to taste

18:30 - 21:30

Petit Chalet Terrace

Dinner: Buddha Bowls

- Hearty, satisfying and nourishing detox meals
that support healing and restore balance

Friday 3rd

ENERGIZE

08:00 - 09:00

workout room

Vinyasa Flow Yoga Practice:

Cultivate strength to open to life. Warming, energizing flow focusing on expanding prana by building rhomboid strength to open up the chest.

09:30

Energizing Breakfast

11:00 - 13:00 & 14:00 - 16:30

in the garden

One-on-One Health Consultations

(30 minutes each)

Afternoon time to relax and enjoy the SPA facilities.

13:00

Garden Lounge

Lunch

17:30 - 19:00

in the kitchen:

Food for Energy

- How to create balanced meals for energy and balanced blood-sugar.
- Daily rituals to boost your energy and beat the mid-afternoon energy slumps.
- Workshop: How to make your own energy snacks.

19:30

Leonard's

Shared Dinner

(with use of some of these healing and energizing super foods)

Saturday 4th

BALANCE

08:00 - 09:00

Vinyasa Flow Yoga Practice:

Standing and arm balancing poses to explore fear in our lives. Fear has the power to limit us and our capacity for greatness in life. Get out of your comfort zone and let go of the fear that holds you back.

10:00 - 11:00

Light Breakfast

13:00

Leonard's Terrace

Lunch (tbc)

15:00 - 16:00

workout room

Restorative Yoga and Pranayama practice:

Learn how to become centered by balancing the energy flow in your body.

16:30 - 17:30

Leonard's Cellar

Tasting session:

Wine and cheese (by sommelier)

19:00

Alpine Herbal Bath in the room

20:00

Leonard's

Final Dinner

Sunday 5th

NOURISH

08:00 - 09:30

workout room

Yin Yang Yoga

Closing practice to integrate everything
you have learned these past few days.

10:30

Farewell Brunch

12:00

Departure

The Yoga Retreat includes :

4 nights accommodation in double room with single occupancy
Full board including water and juices (except alcoholic beverages)
Free flow alpine herbal ice tea in the Spa.
Use of the indoor heated pool and Jacuzzi
Use of the sauna and steam bath area.
Use of the fitness room
15% discount on Spa treatments (except hairdresser)

Destination

Gstaad combines Alpine authenticity with understated luxury in the heart of the Bernese Oberland mountains. Discreet glamour with luxury shops on the Promenade, only 2 minutes walk from the hotel is combined with a welcoming nature, full of secret pathways, therapeutic local plants, unforgettable views and many quirky activities which will take you out of your daily routine.

2 hours drive or train from Geneva Airport,
3 hours drive or train from Zurich Airport,
5 minutes walk from the train station...

Le Grand Bellevue can organise transfers upon request.