

# 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 2**  
**September 24 - 28, 2014**  
**CHF 2,400**

Instructor: **Clemens Frede, Germany**

## **Self Awareness & Yoga**

Step out of the security of the routine to listen to your heart

Unwind and rediscover your joy and confidence

Reinvigorate dreams and passion in your life

This 5-day retreat aims at reconnecting body and mind through yoga, mindfulness and psychological insights. The focus is not on achieving difficult positions but on moving with awareness. Yoga will be applied a comprehensive philosophy in the everyday life through a large variety of workshops.

Surrounded by unrivalled settings, attendees discover paths to apply yoga practices to their daily lives within a Condé Nast Hot List awarded hotel. The Saanenland where Le Grand Bellevue is nestled is the ideal destination to increase the self-awareness with yoga.

Clemens Frede works as a yoga teacher and marketing consultant in Hamburg and studied performance psychology. He is trained in a variety of yoga styles, meditation and relaxation techniques. His experience in the corporate world as well as in yoga provides him with an attuned sensibility to bring both together. Under expert coaching of internationally acclaimed yoga teachers, he completed the Airyoga teacher training in Munich with a focus on anatomy and Vinyasa Flow as well as the Anusara Yoga teacher training with its principles of alignment. He has published several articles in Yoga Aktuell, Happy Mind Magazine and Elephant Journal.

## PROGRAM

### Wednesday 24th, Arrival at 15 :00

Welcome

**17:00 - 19:00**

in the garden

#### **Evening Welcome Yoga**

Grounding practice with hip openers - perfect after long travel. Let's clear the mind

**19:30**

Leonard's Terrace

#### **Shared Dinner**

**21:30**

#### **Post-dinner evening walk**

in the fresh mountain air

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### Thursday 25<sup>th</sup>

**08:30 - 10:00**

workout room

#### **Morning Yoga**

An energetic, dynamic practice to loosen the muscles  
and create space in the body

**10:30**

#### **Light Breakfast**

**11:30 - 12:30**

in the garden

#### **TALK: JUDGEMENT**

"What do we think?"

We analyse the driving forces in our lives."

**13:00**

Lunch

**15:00**

#### **Stunning mountain view meditation**

on the top of the Hornberg above Saanenmöser

**18:00 - 19:30**

workout room

#### **Evening Yoga**

Slow, attentive practice to strengthen the muscles  
and train observation.

**20:00**

Petit Chalet Terrace

#### **Shared Dinner**

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### Friday 26<sup>th</sup>

**08:30 - 10:00**

workout room

#### **Morning Yoga**

Slow, attentive practice with a focus on  
movement of awareness and energy.

**10:30**  
Light Breakfast

**11:30 - 12:30**  
in the garden  
**TALK & PRACTICE: OBSERVATION**  
“What is it exactly you are doing and why?”

**13:00**  
Garden Lounge  
Lunch

**15:00**  
E-Bike Outdoor Experience (optional)  
(old road towards Schönried)

**17:30 - 19:00**  
**Evening Meditation**  
A practice to prepare the body for sitting,  
followed by a breathing practice and awareness meditation.

**19:30**  
Leonard's  
Shared Dinner

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**Saturday 27<sup>th</sup>**

**08:30 - 10:00**  
**Morning Yoga**  
Attentive practice with a focus on back-bends to energize  
the body and encourage movement from the core.

**10:30**  
Light Breakfast

**11:00 - 12:30**  
**TALK & REFLECTION: REALIZATION**  
“What’s your dream and how do you get there?”

**13:00**  
Leonard's Terrace  
Lunchtime

**14:00**  
Alpine Spa Experience

**17:00 - 19:00**  
workout room  
**Restorative Relaxation**  
Full, restorative relaxation practice to allow the mind  
and body to regenerate.

**19:00**  
Alpine Herbal bath in the room

**20:00**  
Shared Dinner  
Petit Chalet Terrace

### Sunday 28<sup>th</sup>

**08:30 - 10:00**

workout room

#### **Morning Yoga**

Mixed class to fully integrate the experiences from the past 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.