

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 1
September 17 - 21, 2014
CHF 2,400

Instructor: **Charlotte Saint Jean, France**

Ayurveda & Yoga

How to better balance your life?

How to enhance your daily lifestyle for more harmony and peace of mind?

Let yourself go and let the spirit and magic of the Swiss Alps nourish your soul

In partnership with the experienced yoga teacher Charlotte Saint Jean, Le Grand Spa yoga & lifestyle alpine Retreat boasts a well-rounded program with yoga, food and outdoor workshops inviting to relaxation and healthier lifestyle.

Surrounded by breath-taking scenery, attendees enjoy yoga classes under high quality expertise within a Condé Nast Hot List awarded hotel.

Yoga teacher & mother of two children, **Charlotte Saint Jean** has been teaching yoga since 2002 in the South of France in the Summer and in the French Alps in the Winter. She learnt yoga teaching in the Sivananda Vedanta School, with Shiva Rea (Prana Flow), David Swenson (Ashtanga), Lara Bauman (Quantum) and Sarah Powers (Yin/Insight Yoga) and integrates their philosophy into her own style with a profound respect to this ancient practice.

PROGRAM

Wednesday 17th, Arrival at 15:00

Welcome

16:00 - 17:00

in the garden

Presentation and Discussion

Ayurvéda basics, expectations, experience

17:00 - 19:00

workout room

Yoga session

19:30

Leonard's Terrace

Shared Dinner

21:30

Post-dinner evening walk

in the fresh mountain air (in silence)

Thursday 18th

08:00 - 10:00

workout room

Yoga Practice

focussing on grounding Vata

10:00

Light Breakfast

11:00 - 12:00

Presentation on the Doshas

& how these affect who we are and how we act

13 :00

Lunch

15 :00

Stunning mountain view meditation

on the top of the Hornberg above Saanenmöser

18:00 - 20:00

workout room

Afternoon Yoga Practice

focussing on encouraging
or harmonising Vata

20:30

Petit Chalet Terrace

Shared Dinner

Friday 19th

08:00 - 10:00

workout room

Yoga Practice

focussing on grounding Kapha

10:00

Light Breakfast

11:00 - 13:00

E-Bike Outdoor Experience (optional)
(old road towards Schönried)

13:00

Garden Lounge

Lunch

15:00

Presentation & Discussion

Ayurveda & Yoga in your daily lives,
things to do each day to render your life more harmonic

17:00 - 19:00

workout room

Afternoon Yoga Practice

focussing on encouraging or harmonising Pitta

19:30

Leonard's

Shared Dinner

Saturday 20th

08:00 - 10:00

workout room

Yoga Practice

focussing on Kapha

10:00

Light Breakfast

11:00 - 13:30

Ayurvedic Massage

how to treat yourself to a self Ayurvédic massage

13:00

Leonard's Terrace

Lunchtime

14:00

Alpine Spa Experience

17:00 - 18:30

workout room

Afternoon Yoga Practice

focussing on encouraging or harmonising Kapha

18:30

Alpine herbal bath in the room

20:00
Shared Dinner
Petit Chalet Terrace

Sunday 21st

08:00 - 10:00
workout room
Yoga practice
Tri Doshic practice for all to enjoy
- a flowing Vinyasa practice

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.