



Alpine Serenity for Intensive Yoga and Wellbeing Immersions *September & October 2014*



Ayurveda & Yoga, 17-21 September 2014
Self-Awareness & Yoga, 24-28 September 2014
Yoga for Foodies, 1-5 October 2014

August 2014 This Autumn, [Le Grand Bellevue](#), Gstaad's newly re-launched palace hotel, will team up with three of Europe's most renowned yogis to host a programme of bespoke yoga retreats. Overlooking the mystical mountain scenery bestowed with the rejuvenating energy of the Alps, the retreats will be taking place in the Bellevue's yoga studio, in the hotel's extensive gardens and in the 2,500sqm [Le Grand Spa](#). Each retreat will offer carefully tailored spa cuisine created by Michelin Starred-chef Urs Gschwend, an expert on cleansing diets and the principles of wellness foods following his experience at Chiva Som in Thailand.

Ayurveda & Yoga (17-21 September) – The first retreat will be held by [Charlotte Saint Jean of France](#), an experienced yogi whose style of yoga has been inspired by her learnings at Sivananda Vedanta School. The retreat will hone in on the principles of Ayurveda, devoted to balancing the mind in relation to the body and for guests to understand and accept their inner being. Guests will learn how to modify daily lifestyle in line with their personal Dosha to create a better, harmonious living through a variety of yoga practice sessions and presentations on the principles of the Doshas.

Programme: Le Grand Bellevue offers the 5-day Ayurveda & Yoga retreat from £1,580 including 4 nights' accommodation on a full-board basis with specially prepared Ayurvedic cuisine, 8 yoga classes and daily presentations including understanding your Dosha, mountain-view meditation and a 2-hour Ayurvedic massage workshop. Also includes free flowing alpine herbal ice teas, use of the indoor heated pool, Jacuzzi, sauna, steam bath plus eight yoga practice sessions, presentations on the Doshas and 15% discount on all Spa treatments.

Self-Awareness & Yoga (24-28 September) – This [5-day retreat](#) is for those stuck in the rut of a mundane routine, aiming to redefine purpose and focus in life again. This will be done through a variety of yoga sessions and workshops that will help reinvigorate dreams by reconnecting with the

body & mind and draw on psychological insights. Aiming to attract both beginners and experienced yogis, the retreat will be led by [Clemens Frede](#) and will focus on moving with attentiveness and awareness, rather than achieving difficult positions. Clemens will draw on his experience at the Airyoga teacher training in Munich and at Anusara Yoga to guide guests with precision and ease in a quest to restore lost confidence and joy through meditation, yoga and restorative relaxation practice.

To book: Le Grand Bellevue offers the 5-day Self Awareness & Yoga retreat from £1,580 including 4 nights' accommodation on a full-board basis, 6 yoga practice sessions, 2 group meditation classes, various evening talks and workshops and restorative relaxation practice. Also includes free flowing alpine herbal ice teas, use of the indoor heated pool, Jacuzzi, sauna, steam bath plus 15% discount on all Spa treatments.

Yoga for Foodies (1-5 October) – Through a series of cooking demonstrations, tasting sessions, food experiments and one-to-one health coaching consultations, this 5-day retreat aims to teach guests how to nourish their body and in turn their soul. Hosted by [Chantal Soesters](#), a yoga teacher and health coach, the retreat will inform guests on what the body needs to restore balance & energy and to boost health and happiness. Using her wealth of experience gained at the Institute for Integrative Nutrition, Chantal will focus on how to nourish oneself from the inside out through an array of workshops including: Yin Yang Yoga Practice; Detox Tips for Fast-Paced Lives; Food for Energy workshops to create balanced meals for energy; Restorative Yoga; and Pranayama Practice to become centred by balancing the energy flow in the body.

To book: Le Grand Bellevue offers the 5-day Self Awareness & Yoga retreat from £1,650 including 4 nights' accommodation on a full-board basis, 7 Yin and Vinyassa Flow yoga classes, Juicing & Smoothie Workshop, 30-minute individual Health Consultation, Detox Workshop and Food for Energy Workshop. Also includes free flowing alpine herbal ice teas, use of the indoor heated pool, Jacuzzi, sauna, steam bath plus 15% discount on all Spa treatments.

Website: <http://www.bellevue-gstaad.ch/>

Reservations: +41 33 748 00 00 / info@bellevue-gstaad.ch

Editors' Note:

Family-owned, managed and designed, [Le Grand Bellevue](#) was acquired on its Centenary by visionary couple Daniel and Davia Koetser, opening its doors after a year-long renovation in December 2013. Located in the heart of Gstaad village, on The Promenade itself, this 57-room hotel has a neighbourhood spirit and the warmth of a country house hotel, welcoming guests of all generations. The hotel's signature restaurant **Leonard's** offers exceptional food in a relaxed and sophisticated environment with Michelin-starred chef, **Urs Gschwend** delivering refined bistro-style cuisine. In the hotel's grounds **Le Petit Chalet**, a traditional chalet-restaurant serves a menu of hearty Swiss dishes and the hotel's **Cigar Lounge**, **Club Room** and 18-seat **Private Cinema** are on-site to keep residents entertained late into the night. The 2,500sqm **Le Grand Spa** is a world-class sanctuary for wellness, working in partnership with organic English brand **Bamford** and revolutionary Swiss facial brand **Cellcosmet**.

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