



## **GSTAAD Yoga, Snow & Spa Retreat 14-18 March, 2015**

**February 2015:** Next month, [Le Grand Bellevue](#) in Gstaad is excited to announce the return of its **Yoga, Snow & Spa Retreat** in partnership with acclaimed Balearic yoga specialists **Formentera Yoga**.

Running from the **14-18 March 2015**, the [Yoga, Snow & Spa Retreat](#) will be led by best-selling author, Nike Yoga Brand Ambassador and Yoga Expert **Jax May Lysyia**. In a location bestowed with the rejuvenating energy of the ancient Alps, this retreat welcomes guests to experience wellness in mind, body and soul with a combination of dynamic yoga and spa, with the option to ski, too. Recently re-launched under new ownership and a complete renovation, Le Grand Bellevue combines the magnificent architecture of a landmark hotel with the stylish, contemporary interior design of a boutique hotel and spa.

Guests will awaken each day to a specialised morning meditation session to stimulate the body and focus the mind, followed by dynamic yoga classes designed to help with posture, improved spinal positioning and muscle strength. After an alkalizing yoga-brunch, guests have the opportunity to ski – if they wish – or can explore the region on a husky ride. If ski-ing's not their thing, 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 purification and de-stressing rituals, a team of caring professionals will create the perfect sojourn so guests feel completely rejuvenated. 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. Budding sports stars 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. Days will wind down with a breathing workshop, designed to release tension, energy blockages and to trigger toxin removal. A healthy dinner will then be served at the hotel's **Michelin-Starred Restaurant**, LEONARD's.

***4-Night 'Yoga, Ski & Spa' Retreat at Le Grand Bellevue from CHF 2,854 per person  
Includes accommodation on a double-occupancy basis, daily brunch and dinner, 2  
yoga classes per day, unlimited access to Le Grand SPA, one husky ride excursion,  
two 3-hour ski instructor sessions and 2-day ski pass.***

***For non-skiers, the price is from CHF 2,150 per person in a room on a double  
occupancy basis***

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