



LE GRAND BELLEVUE
GSTAAD

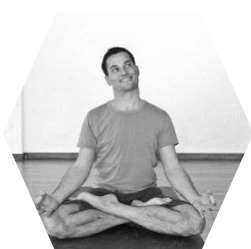
LE GRAND BELLEVUE ALPINE YOGA RETREATS GSTAAD 2015

AWAKENING THE SELF

PREVENTING THE WINTER BLUES

25 - 27 SEPTEMBER 2015

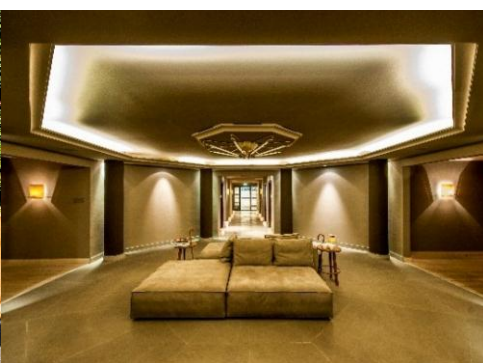
2 - 4 OCTOBER 2015



CLEMENS FREDE



CHANTAL SOETERS



Through ancient Yogic and Greek philosophy, this workshop explores our Self, our desires and how to live life authentically. Gain clarity about yourself and who you want to be.

This retreat will enable you to:

- explore the mind, desires and living an authentic life
- develop your own individual solutions and practices
- focus, center and ground yourself

Clemens Frede is trained in a variety of yoga styles, meditation and relaxation techniques. His experience in the corporate world as well as in yoga provide him with an attuned sensibility to bringing both together. Clemens' focus is on healthy alignment and applying yoga as a comprehensive philosophy to our every day life.

**1-2 yoga sessions & 1 fireplace talk per day
2 nights accommodation in a Chic Room**

Healthy brunch and dinner including water and juices

Free flow alpine herbal ice tea in the Spa

Use of the indoor heated pool and jacuzzi, the 7 different

saunas & steam baths and the fitness room

15% discount on Le Grand Spa treatments

CHF 920 PER PERSON IN A ROOM ON A DOUBLE OCCUPANCY BASIS

CHF 1'120 PER PERSON IN A ROOM ON A SINGLE OCCUPANCY BASIS

Long winters often bring with them lethargy, a lack of fitness and a heavier diet. This retreat addresses the onset of winter blues through yoga, breathing exercises and proper nutrition. Learn what to do to feel more alive and energetic, and to gain more insight into yourself.

This retreat will enable you to:

- prevent winter blues through yoga, breathing exercises and a proper diet
- know what to do to feel more alive and energetic
- gain more insight into yourself

Chantal Soeters is a holistic health coach and yoga teacher with a passion for healthy wholesome food made from seasonal, local and organic products. Chantal has studied yoga with some of the best teachers in the world. She teaches Vinyasa Flow, Restorative Yoga and Yoga Therapy, always aiming to set the mind and body free.

**1 yoga session per day & 2 hikes during the retreat
2 nights accommodation in a Chic Room**

Healthy breakfast, lunch or brunch, and dinner including water and juices

Free flow alpine herbal ice tea in the Spa

Use of the indoor heated pool and jacuzzi, the 7 different

saunas & steam baths and the fitness room

15% discount on Le Grand Spa treatments

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