



LE GRAND BELLEVUE  
GSTAAD

## LE GRAND BELLEVUE ALPINE YOGA RETREAT WINTER 2016

YOGA, SNOW & SPA

MARCH 17 – 21, 2016



JAX MAY LYSYCIA

Jax May was voted one of the top 10 Yoga teachers in the UK by Yoga Magazine 2013. Her style follows no set of rules because she prefers to help students develop their own yoga style. She has studied extensively restorative, ashtanga, vinyasa flow, dynamic, acro and Yin Yoga as well as being a teacher of Pilates system.



We invite you to learn the intimacy of sensation & meditation via **dynamic yoga** helping you to become more alert, open and lighter. Enjoy a series of **deep morning meditations** to develop clear concentration & awareness and boost your health and sportiness with dynamic yoga classes in the evening. This Yoga Retreat lets you **reconnect with nature** and gather new strenght in Gstaad's rich Alpine air.

This retreat will enable you to:

- Explore new ways to nourish yourself on and off the mat
- deepen your practice by learning to surrender into a breathing routine
- Feel spacious and let your mind explore freedom

### YOGA AND SPA PACKAGE

Come and join us for an exclusive and pure Yoga experience. 2 Yoga classes a day, Wellness and chillout in the unique village of Gstaad in the middle of the Swiss Alps.

2 yoga sessions per day

4 nights accommodation in double room with single or double occupancy

Healthy Brunch and Dinner including water and juices (except alcoholic beverages)

Use of the indoor heated pool and Jacuzzi, the sauna and steam bath area and the fitness room

Free flow alpine herbal ice tea in the Spa

15% discount on Spa treatments (except hairdresser)

One snowshoe excursion (depending of snow conditions)

FROM CHF 2'500 PER PERSON IN A ROOM FOR SINGLE USE (APPROX. 2300 EURO, DEPENDING THE DAILY EXCHANGE RATE)

FROM CHF 2'150 PER PERSON IN A ROOM FOR DOUBLE OCCUPANCY (APPROX. 1990 EURO, DEPENDING THE DAILY EXCHANGE RATE)

Ski packages are available on request

3780 GSTAAD, SWITZERLAND  
T +41 33 748 00 00 F +41 33 748 00 01  
INFO@BELLEVUE-GSTAAD.CH  
BELLEVUE-GSTAAD.CH