



LE GRAND BELLEVUE ALPINE YOGA RETREAT GSTAAD 2016

ENERGY BALANCING YOGA AND WELLNESS RETREAT

30 SEPTEMBER – 2 OCTOBER 2016



CHANTAL SOETERS



Treat yourself to an invigorating retreat in the Swiss mountains. A magical retreat for you to reconnect, restore and renew. The one thing we never seem to have time for is ourselves. Discover how yoga, healthy food and connecting with yourself and nature can help you to de-stress, restore energy and get more focus. The daily yoga sessions are balanced with plenty of free time for you to relax in the beautiful Spa and to take in the breathtaking natural surroundings as well as time to connect with one another through outdoor activities, like hiking, walking and cycling.

This retreat will allow you to:

- Restore energy and renew your focus
- Experience deep rest and relaxation
- Feed body and mind through exquisite healthy food
- Get in touch with nature and explore the Swiss mountains

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

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

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