



lenkerhof
gourmet spa resort

PURER GENUSS IST BEI
UNS INKLUSIVE
5-STERNE-WOHLFÜHLKLIMA
GOURMET-GASTRONOMIE
7SOURCES-WELLNESS



Gourmet yoga retreat with a view

Dear yoga enthusiasts

We are looking forward to welcoming you to a pleasant mixture of yoga retreat and 5-star holiday. Look forward to meditative yoga and relaxation sessions mixed with sauna, wellness and culinary highlights.

You may look forward to the following services:

- 3 nights in a double or single room
- rich breakfast buffet
- 5 course dinner in a gourmet restaurant (vegetarians and vegans very welcome)
- 2x daily yoga with view to the mountains
- daily changing highlights such as private sauna infusion and relaxation exercises
- 7sources wellness package (entrance to spa, sauna park, fitness room)
- free minibar and WIFI, as well as Nespresso coffee machine and tea in the room
- free outdoor parking place
- free ticket for the mountain railway in summer
- and much more

Good to know:

We recommend comfortable clothing for the sports and relaxation sessions.

In the gourmet restaurant, sportswear is not allowed, but at the same time you may leave your evening gown at home. The motto is "casual chic".

We recommend to bring your favourite mat and, if desired, a meditation pillow.

Sports mats (Airex) are available. All yoga levels are welcome!

The yoga sessions last 60 minutes each.

We reserve the right to make small changes to the programme.

In good weather and warm temperatures, practice may take place outdoors in the park.





Programme:

Arrival day

16:00 get together with tea
16:30 yoga
19:00 dinner (as a group)

Second day

08:00 yoga
09:00 breathing techniques
10:00 breakfast
11:00 free time for wellness, short hikes etc.
16:00 yoga
17:00 relaxation exercises
19:00 dinner (as a group)

Third day

08:00 yoga
09:00 "a journey in thoughts"
10:00 breakfast
11:00 free time for wellness, short hikes etc.
16:00 yoga
17:15 yogi sauna infusion
19:30 dinner (as a group)

Departure day

08:00 yoga
09:00 closing ritual
10:00 breakfast

Costs:

	Single room north	Double room north (2 persons)
22 nd – 25 th November 2020 (Sunday – Wednesday)	CHF 984.-	CHF 1830.-
17 th – 20 th January 2021 (Sunday – Wednesday)	CHF 1180.-	CHF 2098.-
24 th – 27 th June 2021 (Thursday - Sunday)	CHF 1124.-	CHF 1986.-

Extra charge for south side rooms: CHF 45.- per person and night

The retreat takes place with a minimum of three and a maximum of ten participants.

If the hotel cancels the retreat due to too few registrations, we will refund the full amount.



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Our team:

Dear YOGA Retreat participants

Namasté and welcome!

I would like to spend a wonderful yoga time with you!

About myself:

Since June 2020 I have been working at Lenkerhof as a massage therapist and yoga teacher. Because I have frequently moved from one place to another in the past, the desire to become "my own teacher" has grown in me - simply for the reason of being able to practise yoga alone. By now, I like to share what I have learned and pass my knowledge on to others. I teach classical Hatha Yoga with influences from Iyengar Yoga.

In 2016 I graduated from the "Association for Yoga and Meditation School" in Rishikesh (India) by completing 500 hours of yoga teacher training (Yoga Alliance).

In 2018, I did 320 hours of advanced training at the "Himalayan Iyengar Yoga Center" in Dharamsala (India).

I am very much looking forward to learning to know you at the retreat.

Yours Jessica

Dear guests

A warm welcome from my side as well!

I am Event Manager at hotel Lenkerhof and therefore responsible for the organisation and smooth running of the retreat - fully in the service of your well-being.

Do you have any questions about the schedule, infrastructure, dates etc.?

I am always there for you!

I don't do yoga as a profession but privately I also found my way to it quite some time ago and therefore I am looking forward to the organisation and your visit even more. As you can see - you are in good hands with us!

See you soon at Lenkerhof; see you soon in the mountains!

Yours Rita