



SWISS BLISS YOGA RETREAT

with Andrei Ram

Nov 13th to 17th 2024

(Starts Wednesday at 7pm with diner and ends on Sunday after lunch at 2pm)

Welcome to our five-day Yoga Retreat in the breathtaking mountains of Switzerland - a perfect blend of relaxation, meditation, and rejuvenation. Each day Andrei Ram will lead us in profound meditation and vitalising yoga, suitable for all levels, set against a backdrop of stunning natural beauty. Join us for a memorable journey of self-discovery, peace, and joy in an idyllic mountain setting. Embrace the opportunity to step away from daily life, deepen your yoga practice, and cultivate well-being in the beauty of nature.

Let's breathe, stretch, and smile together in the mountains, creating moments of happiness and lasting memories.

Daily program

07.30 - 08.15 : Morning meditation
08.30 - 09.30 : Breakfast
10.00 - 12.45 : Yoga Asana practice
13.00 : 14.15 : Delicious Lunch
17.30 - 18.30 : Yoga Nidra Relaxation
19.30 - 21.00 : Delicious Diner
21.00 - 21.20 : Evening meditation

Hotel Pension Beau-Site

Chemin Dessus, Valais Switzerland www.chemin.ch

Single room CHF 2'400.- Double room CHF 1'400.-
Multiple room CHF 1'000.-

Prices are per participant and include full board, housing and the teachings

Contact and Registrations

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