



PAUSE • CONNECT • SIMPLIFY

15 • 19
July
2026

A 4-day retreat

Settle in, breathe, and meditate.

Reconnect with what truly matters.

Live simply, present, from the heart.

A space in time to practise meditation and gentle yoga, enjoy nature, silence, and wonderful vegetarian cuisine - set in the magnificent surroundings of the Hôtel Beau-Site in Valais.

Accompanied by a team of certified teachers and facilitators

Aurélie, Daniel, Dominique, Marlène, Monique, Pierre-André...

Contact Monique Taiana - mtaiana@heartfulness.org

INFOS

Program

From Wednesday, July 15 at 4 pm to Sunday 19 at 2 pm - Optional walk on Sunday, from 2 to 5 pm.

Including meditation and yoga practices, workshops, walks, discussions, reading sessions, moments of silence...

As an option, introduction to Heartfulness meditation, individual coaching.

Registration and payment

Hôtel pension Beau Site, Chemin Dessus Martigny

chemin.ch/hotel-beau-site

Pricing full-board, per person, 4 days (3 meals, fruit, tea, herbal infusions & coffee, activities and tourist tax included)

3 or 4 bed-room CHF 620

Double room CHF 720

Single room CHF 820

Registration <https://forms.gle/3tWU6TuuL2kLpbgR9>

Deposit CH 250 your payment confirms your registration. Please settle the balance before 12 July 2026.

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IBAN Heartfulness Suisse CH94 0024 3243 2500 4941 L

Cancellation policy 50% retained for cancellations **between 15 May and 14 June 2026** - 100% retained from 15 June 2026 onwards, unless a replacement is found.

