

Summer Solstice Swiss Mountain Retreat 19.06.20 – 21.06.20

Treat yourself with a weekend full of yoga, delicious food and the pristine air of a Swiss mountain resort. Let go in relaxing evening restorative yoga classes and revitalize in invigorating morning flows. Meet kindred spirits and find time for yourself.

Program

Friday, 19.06.20

Individual Arrival

5pm – 6.30pm Inaugural Restorative Yoga Class

7pm 3 Course Vegetarian Dinner

Saturday, 20.06.20

07am Tea

7.30am – 9.30am Invigorating Morning Flow

10am Brunch

Afternoon to enjoy, reading, journaling, hiking
sauna or hot pot

5pm – 6.30pm Restorative Yoga Class

7.30pm 3 Course Vegetarian Dinner

Sunday, 21.06.20

07am Tea

7.30am – 9.30am Invigorating Morning Flow

10am Brunch

12pm check out

Individual Departure

Location

Berghotel Sterna

Sterna 12

7404 Feldis/Veulden

www.berghotelsterna.ch

(approx. 2hrs from Zurich)

Yoga teacher

Angela Blank has been a student since 2004 and a teacher since 2013. She loves to challenge students on a physical as well as a mental level, but also provides a lot of room for balance and relaxation. Thanks to her various trainings, she is able to cater for all needs and is happy to welcome anybody.

Early Bird Rates*:

Double/Twin room/shared bathroom CHF 465

Double/Twin room/en suite bathroom CHF 535

Single room/shared bathroom CHF 545

Single room/en suite bathroom CHF 655

Including 7 hours of yoga, brunch, afternoon tea,
3 course vegetarian dinner & the use of the sauna.

*rates apply until 31.03.20, starting 01.04.20 prices
increase by CHF 50.00

Sign Up & Further Details:

Angela Blank, welcome@younionyoga.ch

**Younion
Yoga**



Terms & Conditions: Your spot is only secured with the payment of the full amount • After receipt of your payment, your spot can only be cancelled with a medical statement. A fee of CHF 100 will be applied • Rooms are allocated on a **first come/first served** basis • Insurance is the participant's own responsibility • If the event will be cancelled by Younion Yoga, payment will be fully reimbursed.