

YOGA @ ALTITUDE

STRETCH HIGH. BREATHE IN. CHILL OUT. BE ZEN

5-DAY YOGA RETREAT PACKAGE FROM SUNDAY 5 - FRIDAY 10 OF AUGUST 2018

MORNINGS

Sleep in, or join us for an optional guided mindfulness meditation session to bring in the new day! Join **Sylvia Ferguson** in a fun, deep and explorative alignment-based Hatha-Vinyasa Yoga practice, followed by a healthy breakfast in W Verbier's restaurant to prepare you for a day of hiking, spa and relaxation!

AFTERNOONS

You Are free to create your own Alpine adventure—whether exploring one of the area's stunning hiking trails, soaring above the mountains with a paraglider, or living it up on the beach at Place Blanche.

The hotel offers a range of the latest beauty and detoxification therapies in its 800 m² Away® spa, so book yourself in and unwind. In the late afternoon we re-convene for a relaxing and rejuvenating restorative yoga, pranayama session.

EVENINGS

See the sun set over the mountain peaks, followed by a menu of local flavors, delicious healthy food and great company!

Take a stroll around town or watch the stars from the hotel terrace, or climb into bed early with a book. Our retreat provides the perfect setting for you to relax, rejuvenate and be inspired in the way that fits for you.

BOOK NOW!

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EXOTIC YOGA RETREATS

See the World Differently

W
VERBIER

