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# SWISS ALPS YOGA RETREAT

with Natalia Reynolds in Champéry Sep 27th - 29th



We'll spend this unique weekend nourishing your body and cleaning the mind with yoga practices. Warm charming chalet Ganesha and a special rhythm of this retreat got everything to support a small group of people in developing awareness and harmony in your life by practicing breathing, meditation, asana practice and walking in a nature.

You'll enjoy some beautiful hikes and walks in the Alps and delicious, vibrant, vegetarian meals prepared according principles of a healthy nutrition stimulating cellular circulation.

Natalia is an experienced teacher certified by Yoga Swiss, Kdham Inida and Centered Yoga. Thailand. She will be guiding you through carefully selected yoga practices to help to connect with your inner center and find clarity in thoughts and tension release.

560 CHF semi-private room  
520 CHF shared room 3-4 p  
640 CHF private room

Price includes:  
accommodation, meals, yoga sessions, tea, sauna, bedding, towels, cleaning fees.

Deposit of 200 CHF is required upon reservation  
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