



*Yoga
Retreat*

Lake Yoga Mountains - Joy Move Breath

21. – 28.04.2018

One week of pure well-being for body, mind and soul in an exceptional surrounding.

Be inspired by the meditative and energizing Kundalini Yoga, by the surrounding mountains, the deep forests, the clear Vierwaldstätter lake and the beautiful ambience of the Vitznauerhof.

Step one week into a world of deep breath, joyful movements, deep personal experiences, quietness, deep connection with nature and well-being.

Gift yourself time to relax in your very own way. The diverse program will give you highlights, such as a cooking class with the chef of Vitznauerhof but it also gives enough private time for hiking and boat tours in the direct neighborhood of the hotel, for relaxation in the sun or in the beautiful SPA. Directly located at the Vierwaldstädter lake you can enjoy the breathtaking view or jump into the lake or relax in the sun at the beach.

Kundalini Yoga is the Yoga of inner growth, the chance to challenge yourself, to get to know yourself from a very different perspective and to relax quick and long lasting! Kundalini Yoga has many tools, that can be easily used in daily life during work, short walks, preparation of dinner or in meetings. Therefore the effect of the retreat will change the perception of your life.

Joyful movements connected with conscious breath during the Yoga sessions and breath walks are the ideal base for new power, inspiration and joy.





SCHEDULE:

21.04.2018 *Saturday*

Dinner

Sunday - Friday

08.30 – 10.00 Yoga & Walking meditation

Afterwards extensive breakfast until 11.00.

17.00 – 19.00 Yoga & Meditation

Afterwards delightful dinner.

1 afternoon no yoga class in order to give your time for a longer mountain tour or visit of city Luzern
Walking meditations will be organized depending on weather.

28.04.2018 *Saturday*

Breakfast and individual departure

PARTICIPENTS:

Max.: 10

INCLUDED SERVICES :

7 nights accommodation including breakfast and dinner

11x Yoga session of 90 - 120 min with detox drink and fruits

1x walking meditation

1x 30min relaxing massage

1x cooking session with the chef of Vitznauerhof Jeroen Achten (English)

Saturday full day use of SPA

Minibar & WLAN

PRICE: (per person) 10% discount until 18.03.2018

Double room 1.685 CHF (app. 1453€) with 2 people

Family room 1.613 CHF (app. 1390 €) with 3 people, 1 double and 1 sofa bed

Single room 2.539 CHF (app. 2190 €)

Booking:

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INFORMATION:

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