

'Relax in nature, come back re-energized'



Located in Saclentse a lovely village in the Swiss Alps, close to Nendaz

7 Days/6 Nights Yoga retreat in Switzerland
Meditation & healthy food

RETREAT PROGRAM

Recharge your energy with yoga and meditation, allowing you to go deep into your journey.

Practice breathing techniques, self development and routines to implement into your daily life going forward.

Enjoy healthy organic vegetarian food.

Immerse yourself in nature and empower yourself in learning to adopt eco-responsible behaviours.

Visit the beauty this region has to offer.

Book before the 31/12/17 for our Early Bird for 15% off

Low Season

03/06/2018 - 09/06/2018

Mid-Season

29/04/2018 - 05/05/2018

02/09/2018 - 08/09/2018

High Season

01/07/2018 - 07/07/2018

Breathe the fresh air from the beautiful surrounding mountains.

Make the most of the outdoor activities such as hiking and skiing.

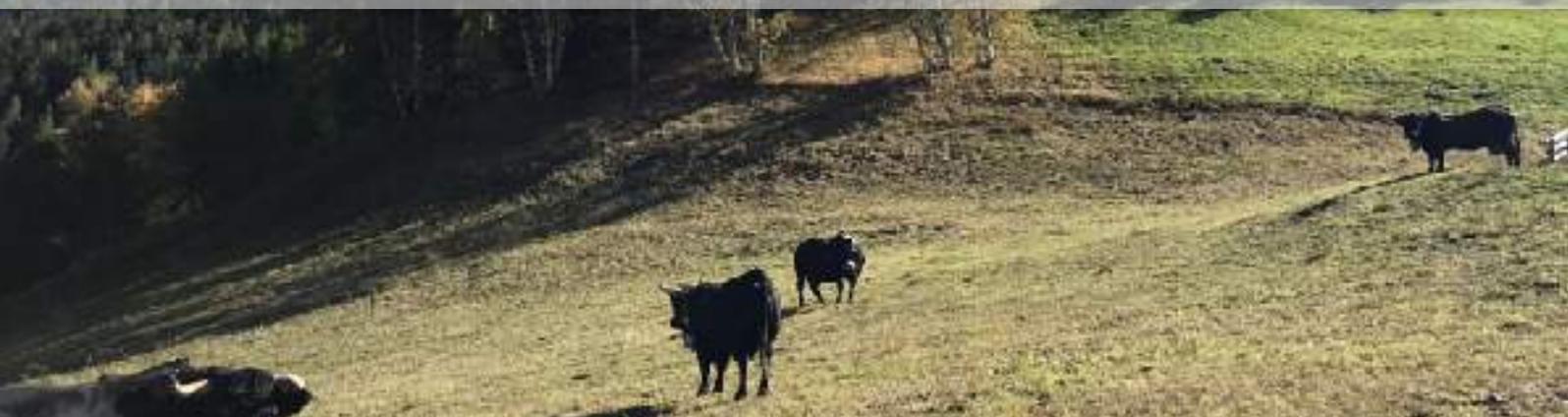
You could also chill out in the sauna, or read a book at the 'Chalet Papillon'.



This unique chalet offers beautiful panoramic views of the mountains and its valley. The ideal base to stay and explore the Swiss Alps.

It offers a large garden with a stunning terrace. Perfect for leisure. Depending on the season Yoga sessions can be held outdoors or in the living room.

This retreat is for you if you prefer small groups, vegetarian food and sharing yogic experiences





HIGHLIGHTS

2 daily yoga classes

Energizing Hatha yoga/meditation/pranayama

Relaxing Yin/or restorative yoga/or pranayama

Daily meditation session

Organic Vegetarian meals



YOUR YOGA RETREAT IN AN EXCLUSIVE PRIVATE ATMOSPHERE

Up to 4 guests can discover or reinforce their practice of yoga, meditation and Pranayama.

This is a beginner to intermediate class, different options will be provided according to individual needs.

You can watch or participate towards the preparation of healthy vegetarian food during breakfast, lunch and dinner.



EARLY BIRD
SPECIAL

-15%



Private Double room Package (Mountain View)

€1153 **€980**/ CHF1347 **CHF1145** /person double occupancy

€1941 **€1650**/ CHF2268 **CHF1928** /person single occupancy

Shared bathroom

*Low season prices shown here



Private Double room Package

€1024 **€870**/ CHF 1197 **CHF1017** person double occupancy

€1718 **€1460**/ CHF 2008 **CHF1706** person single occupancy

Shared bathroom

*Low seasons prices shown here



SCHEDULE

Sunday

16:00 Welcome snack & herbal tea
17:00 Briefing of the week
18h00 Yin yoga
19h30 Dinner

Monday

07:15 Hot water/lemon
07:30 Yoga pranayama meditation
09:00 Breakfast

09:30 -12:00 free time

12:30 Lunch

13:00-17:00 free time

17:30 Yin yoga

19:30 Dinner

Tuesday

07:15 Hot water/lemon

07:30 Yoga pranayama meditation

09:00 Breakfast

09:30 -12:00 free time

12:30 Lunch

13:00-17:00 free time

17:30 Yin yoga

19:30 Dinner

Wednesday

07:15 Hot water/lemon

07:30 Yoga pranayama meditation

09:00 Breakfast

09:30 -12:00 free time

12:30 Lunch

13:00-17:00 free time

17:30 Yin yoga

19:30 Dinner

Thursday

07:15 Hot water/lemon

07:30 Yoga pranayama meditation

09:00 Breakfast

09:30 -12:00 free time

12:30 Lunch

13:00-17:00 free time

17:30 Yin yoga

19:30 Dinner

Friday

07:15 Hot water/lemon

07:30 Yoga pranayama meditation

09:00 Breakfast

09:30 -12:00 free time

12:30 Lunch

13:00-17:00 free time

17:30 Yin yoga

19:30 Dinner

Saturday

07:30 Hot water/lemon

07:45 Yoga pranayama meditation

09:00 Breakfast

10:00 Check-out

FOOD

This retreat at the 'Chalet Papillon' is designed to provide you with an understanding of the yogic diet using quality organic products.

The following meals included are Vegetarian

Breakfasts

Lunches/or Picnics on request

Dinners

Herbal teas and fresh water source

(If you have special dietary requirements it's a good idea to inform Ingrid when making a reservation)



INSTRUCTOR



Ingrid Delarue

800 hrs Hatha Yoga
Yoga Alliance
international diploma
Certified in Kerala,
Rishikesh and Mysore (Inde)

Hello, following the practice of various sports resulting in injuries, yoga has become a way of life. The philosophy and the techniques of this ancestral art helped me observe and develop more serenity and energy to manage difficulties differently.

Overcoming obstacles, is now done through learning, and adjustments towards a better path to life.

With yoga as a daily routine, my body and mind are reinforced. I learn to know myself and "let go" to simply be. I teach with passion by sharing my knowledge of breath control, postures and meditation to generate the life force.

PACKAGE PRICE LIST 2018

Book before the 31/12/17 for our Early Bird 15% off

Low Season (all prices are per person)

29/04/2018 - 05/05/2018

Private double room Mountain View

~~€1143~~ **€980** double occupancy

~~CHF1347~~ CHF **1145** double occupancy

~~€1941~~ **€1650** single occupancy

~~CHF2268~~ CHF **1928** single occupancy

Shared bathroom

Private double room

~~€1024~~ **€870** double occupancy

~~CHF1197~~ CHF **1017** double occupancy

~~€1718~~ **€1460** single occupancy

~~CHF 2008~~ CHF **1706** single occupancy

Shared bathroom

Mid-Season (all prices are per person)

03/06/2018-09/06/2018
02/09/2018 - 08/09/2018

Private double room Mountain View

~~€1212~~ **€1030** double occupancy

~~CHF 1416~~ CHF **1204** double occupancy

~~€2000~~ **€1700** single occupancy

~~CHF 2337~~ CHF **1987** single occupancy

Shared bathroom

Private double room

~~€1082~~ **€920** double occupancy

~~CHF 1264~~ CHF **1075** double occupancy

~~€1776~~ **€1510** single occupancy

~~CHF 2075~~ CHF **1764** single occupancy

Shared bathroom

High Season (all prices are per person)

01/07/2018 - 07/07/2018

Private double room Mountain View

~~€1259~~ **€1070** double occupancy

~~CHF1471~~ CHF **1251** double occupancy

~~€2047~~ **€1740** single occupancy

~~CHF2392~~ CHF **2033** single occupancy

Shared bathroom

Private double room

~~€1029~~ **€960** double occupancy

~~CHF1319~~ CHF **1121** double occupancy

~~€1824~~ **€1550** single occupancy

~~CHF2131~~ CHF **1812** single occupancy

Shared bathroom



WHAT'S INCLUDED IN THE PACKAGE

6 breakfasts/dinners at the Chalet

5 lunches at the chalet or picnic basket upon request

6 nights accommodation

Daily 3 hours Hatha yoga sessions/Pranayama/meditation

Tea, herbal infusions

Free wifi

1 free sauna session at the 'Chalet Papillon' as part of the welcome pack

WHAT'S NOT INCLUDED

Airfare

Airport transfer (can be arranged at additional cost)

Optional excursions

Personal expenses

Sauna sessions not included in the welcome pack

ACTIVITIES/OPTIONAL THINGS TO DO (*NOT INCLUDED IN THE TARIF)

According to the season

[Hiking-skiing map](#) CLICK TO OPEN

[Indoor Rock Climbing](#) CLICK TO OPEN

[Thinks to do in the valley](#) CLICK TO OPEN

[Artificial lake](#) CLICK TO OPEN



ACTIVITIES NEARBY

Shops 4 km

Outdoor Climbing

Ski

Nendaz Tracouet 4 km

Siviez 4 Vallées 6.5 km

Hiking paths

Les Bisses d'en bas

Nendaz 600m

HOW TO GET THERE



[‘Chalet Papillon’](#) CLICK TO OPEN MAP



[Website for ‘Chalet Papillon’](#)

PLACES NEARBY

- Nendaz
- Geneva International Airport
- Sion



06 08 30 71 65



CONTACT@INYOGA.FR



WWW.IN-YOGA-COTE-DAZUR.COM



CANCELLATION POLICY

To book, a deposit of 50% of the total price is required.
The deposit is fully refundable if the booking is cancelled, up to 90 days before the arrival date.

Full payment should be paid 45 days before arrival date.

We accept bank transfer

Please check terms and conditions in WWW.IN-YOGA-COTE-DAZUR.COM