



NEWSLETTER

October 2014: Yoga Weekend Retreat at the Matterhorn

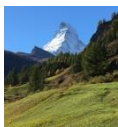


For the first time ever, Claudia & Jasmin led a sun-filled weekend timeout at the famous Matterhorn in Zermatt. They practiced together with a small group of 10 guests away from home and studio and were able to cater to the individual needs of each participant.

They integrated the wisdom of Ayurveda into a holistic Yoga practice of asanas, restorative elements, Qi Gong, Pranayama and meditation. The mix was as eclectic as what each individual brought onto the mat...



Individuality was front and center throughout this timeout; and the beautiful 4-star Mirabeau Hotel in the midst of Zermatt met the expectations of hosts and guests alike. Their great hospitality allowed everyone to relax and feel at home in their own fashion - whether it be during a beauty treatment at the spa or just while enjoying each other's company during delicious meals.



Last, but not least, there was free time available to enjoy the Matterhorn view during a hike or walk; just being in the moment and breathing in the clean air up in the mountains.

Teachers and participants alike felt recharged, energized and ready to take on everyday life again. Thank you – until we meet again in Zermatt...

