



# PEAK YOGA & HIKING RETREAT IN THE SWISS ALPS

with Zephyr Wildman and Alida O Connor





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August 5<sup>th</sup> to August 11<sup>th</sup>, 2019, at the Valsana Hotel, Arosa, Switzerland

Zephyr Wildman and Alida O Connor have partnered with the Tschuggen Hotel Group and their brand new eco-luxe Valsana Hotel in the tranquil alpine village of Arosa to create a unique summer yoga and hiking retreat in the pristine Swiss Alps.

First class yoga tuition, access to an award-winning spa, culinary delights to nourish body and soul and over 200 km of hiking trails all make for the perfect summer getaway 1800 m above-stress-level!

## Prices for the 6 Night Valsana Yoga & Hiking Retreat:

Premium Room Single CHF 2482 pp  
(£1,900 exchange rate on 15.10.18)  
Premium Room Sharing CHF 1852 pp  
(£1,417 exchange rate on 15.10.18)

## What's included in the Valsana Yoga & Hiking Retreat package?

12 yoga classes, access to Valsana spa, visitors' tax, dine-around package\*.

## What's excluded from the Valsana Yoga & Hiking Retreat package?

Flights, transfers, travel insurance, lunch, all drinks (except during breakfast).

## Sample Timetable \*subject to change

08.00 am Tea, Coffee, Fruit  
08.30 am 90 minute yoga practice  
10.00 am Breakfast  
11.00 am Free time to relax at the spa or enjoy a guided hike  
05.00 pm 90 minute yoga practice  
07.30 pm Dinner

The opening yoga session will be in the evening of August 5<sup>th</sup>. Please ensure you arrive in time for this practice. The final practice will be on the morning of August 11<sup>th</sup>.

## Location

The Valsana is located in Arosa, a very easy 2.5 hour drive from Zurich International Airport (closest airport) or a slightly longer train ride from Zurich. On confirmation of your booking we will be able to assist with in the logistics of your trip.

## How to book?

Please email [ali@alidayoga.co.uk](mailto:ali@alidayoga.co.uk) for further details. Bookings will be made with the Valsana Hotel directly who will require a 50% non-refundable deposit to confirm your place.

\*Please note: the dine-around package includes breakfast and dinner. Dinner will be enjoyed at the Valsana's Restaurant Twist and two special off-site dinners.