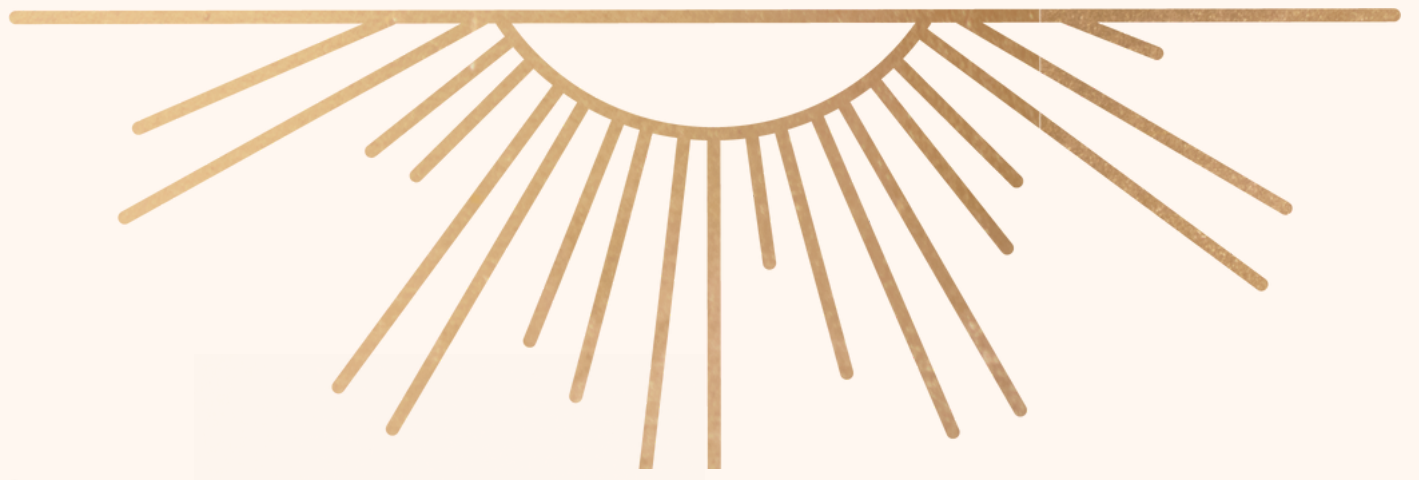
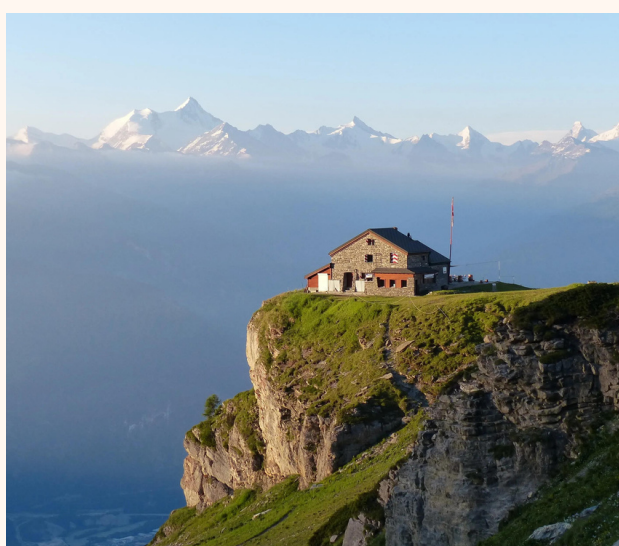
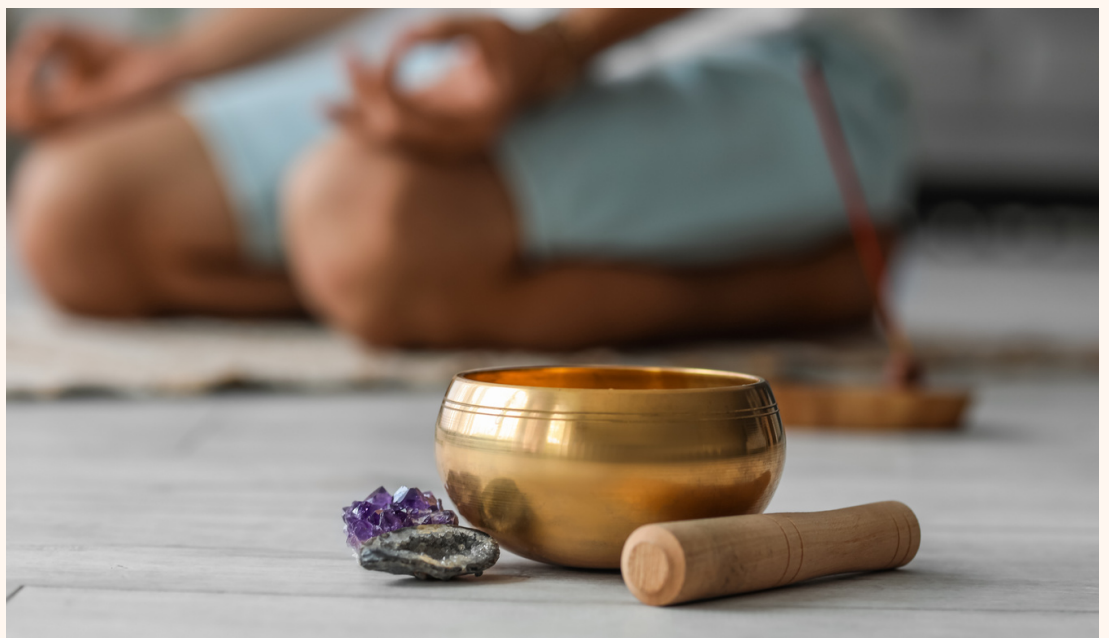


YOGA RETREAT AT THE MOUNTAINS



CRANS-MONTANA- SUISSE



On the period
from July 5th to September 30th, 2024.
The stay is designed for all levels.





Embark on a journey to discover the harmonious blend of yoga and nature in an idyllic setting nestled in the heart of the Swiss Alps. Experience a unique fusion of sports, relaxation, and profound emotions. Our promise is one of complete disconnection and a return to the essence of being and a return to the essential.



FULL BOARD

- *4 nights in Suite mountain view*
- *Privileged welcome*
- *Breakfast*
- *Lunch, beverages not included*
- *Dinner, beverages not included*
- *2 Yoga classes per day*
- *Hikes in the nature*
- *Two 50 minutes massages*
- *1 Reiki session*
- *Access to Wellness*

Total rate of CHF 3'500.- per one person

*CHF 900- for an additional person in the suite
for the whole stay*

PROGRAM



Day 1



09h00 - Yoga Vinyasa

10h00 - Breakfast

11h00 - Departure for the hike along the Bisse

13h00 - Picnic in the mountains

16h00 - Massage

19h30 - Dinner

20h30 - Guided meditation



Day 2



09h00 - Breakfast

10h00 - Departure for the "Violettes" Hike

12h00 - Yoga Vinyasa at 2'200m high

13h00 - Lunch at the Cabane des Violettes

16h00 - Reiki treatment

19h30 - Yin Yoga

20h30 - Dinner





Day 3



09h00 - Yoga Vinyasa

10h00 - Breakfast

13h00 - Lunch

16h00 - Massage

19h30 - Sound therapy meditation

20h30 - Dinner



Day 4



9h00 - Yoga Hatha

10h00 - Breakfast

12h00 - Departure



THE PRACTICE OF YOGA ENCOMPASSES THE BODY, MIND, AND SOUL. IT ALWAYS BEARS FRUIT AND PROVIDES THOSE WHO PRACTICE IT WITH WHAT THEY SEEK

SRI T. KRISHNAMACHARYA





I'm Laurie Mirande, a Yoga Alliance certified yoga teacher, massage therapist specialized in Ayurvedic massage, and Reiki practitioner

I am passionate about the energy emanating from living beings, oceans, and mountains. I consider contact with nature and fresh air as medicine for the soul.

I completed my RYT 200H training with Yoga Coinspire, where I had the opportunity to receive teachings from Dr. Gaurav Agrawal, a specialist in Indian philosophy and founder of the Indian Palmistry Institute, as well as from Jitendra Gusain, a highly regarded Asana teacher in India

It's from this experience that yoga has taken on a more spiritual role in my life. I perceive yoga as a highly personal practice, a path to self-discovery that leads us to elevation and understanding of our being on all levels.

In June 2023, I decided to create my company, Litanahata. My business is nomadic, offering yoga classes, Reiki sessions, and massages worldwide. Its purpose is to foster sharing, human connection, kindness, and humility



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