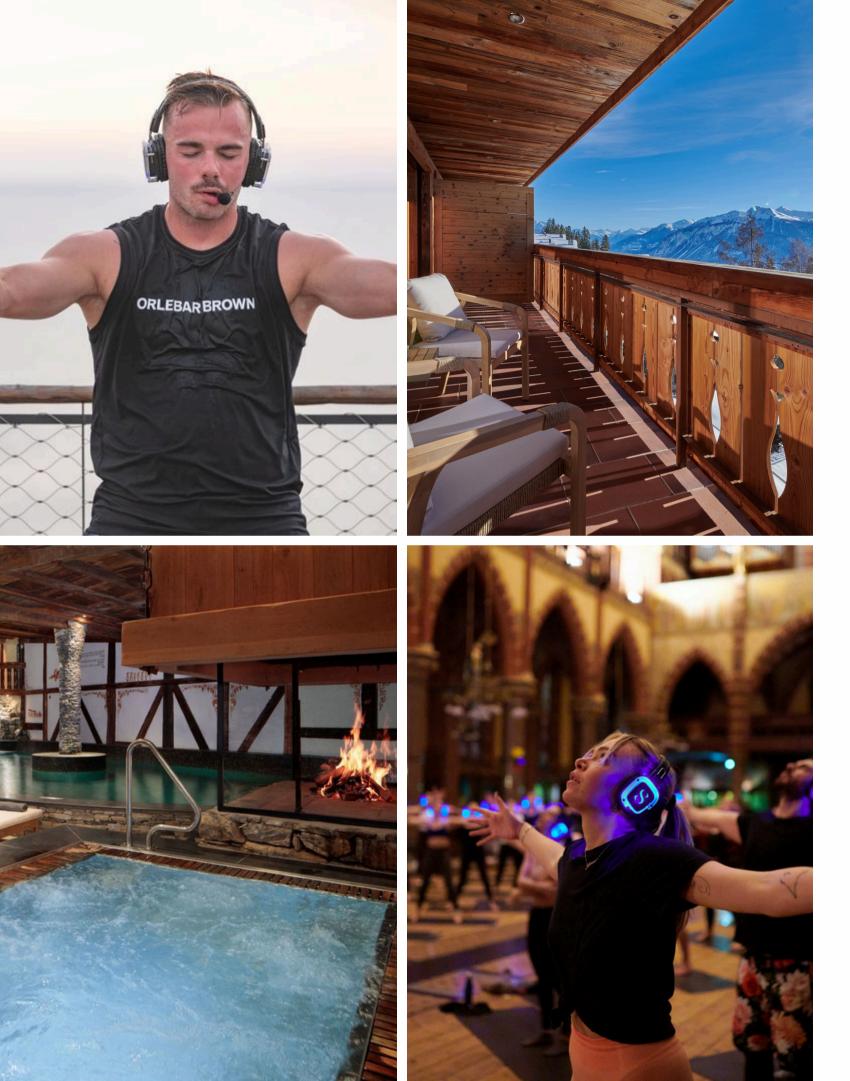




#### Sanctum Signature Sequence (stationary experience on a dedicated yoga mat)

# **5 SANCTUM Experiences** In Crans-Montana

Sanctum Sunrise mindfull nature Walk Sanctum Sunset experience **Rest day** Sanctum on the Glacier 3'000m Sanctum Signature experience indoor Sanctum closing fire ceremony



# ïda Hôtel S. M. C'I'I'III

### From March 24th to March 31st

# What is Sanctum?

Unstuck and release, amplify potential, and spark transformation.

Our Sanctum Signature Sequence is a cathartic, mindful movement experience designed to empower the body and expand the mind. Participants are guided to their physical, emotional and mental edge,

unlocking new levels of focus, creativity, and self-awareness within a shared, energizing atmosphere.

#### Mindful Nature Walk (combination of cathartic movement with a self-discovery walk in nature) Reimagine connection within, between and beyond.

Experience one of our most iconic offerings: a curated mindful walk through serene natural landscapes, integrating movement and reflection at curated stations along the journey. Each station inspires introspection and connection, culminating in a breathtaking "Grande Finale" that leaves participants energized, aligned, and inspired.





# **Pricing Plans** From March 24th to March 31st

**RELAIS &** 

**CHATEAUX** 

## Deluxe Room

Sfr. 550.per night 1person

- Accomodation in deluxe room. shower, south oriented terrasse and view
- Continental breakfast
- Daily Sanctum experience (5 days)
- Welcome drink
- Car park
- Spa access
- Fitness center

At the price of Sfr. 690.per night for 2 persons



Rooms



oriented terrasse and view

- Continental breakfast
- Daily diner in our restaurant "Le Partage"
- Daily Sanctum experience (5 days)
- Welcome drink
- Car park
- Spa access
- Fitness center

At the price of Sfr. 900.per night for 2 persons

> Deluxe Rooms

## **The Suites** From 75 sqm

- Accomodation in high
  - floor suites with South
  - oriented terrasse bath,
  - shower and view
- Continental breakfast
- Daily Sanctum
- Welcome drink
- Car park
- Spa access
- Fitness center

# SANC'IUM

Sfr. 890.per night 1person

- experience (5 days)

#### At the price of Sfr. 990.per night for 2 persons

#### The Suites

## **The Suites** From 75 sqm

### Half board plan

• Accomodation in high floor suites with South oriented terrasse bath, shower and view

Sfr. 995.-

per night

1person

- Continental breakfast
- Daily diner in our restaurant "Le Partage"
- Daily Sanctum experience (5 days)
- Welcome drink
- Car park
- Spa access
- Fitness center

At the price of Sfr. 1'200.per night for 2 persons

The Suites

