



SANCTUM

From March 24th to March 31st

What is Sanctum ?

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

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.

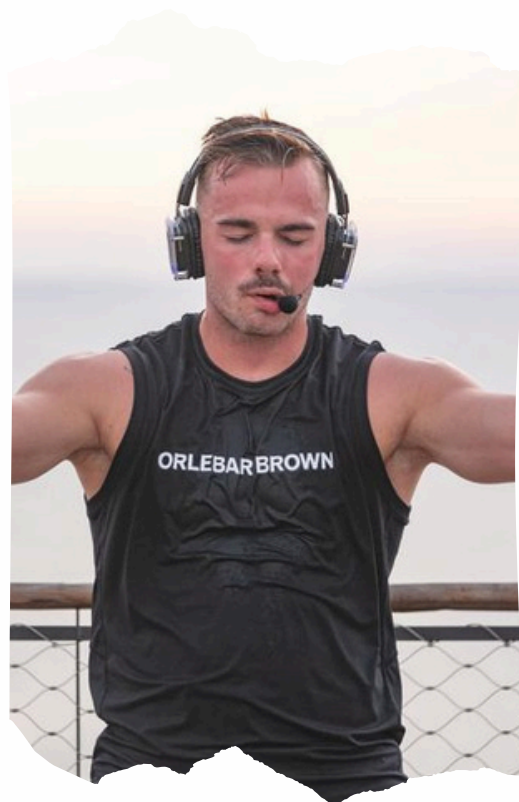
5 SANCTUM Experiences In Crans-Montana



The program

From March 24th to March 31st

SANCTUM



Tuesday

Sunset session
on the Golf course



Wednesday

Morning outdoor
class
At 2'200m



Thursday

Rest day
Enjoy a relaxing
moment and discover
Crans-Montana



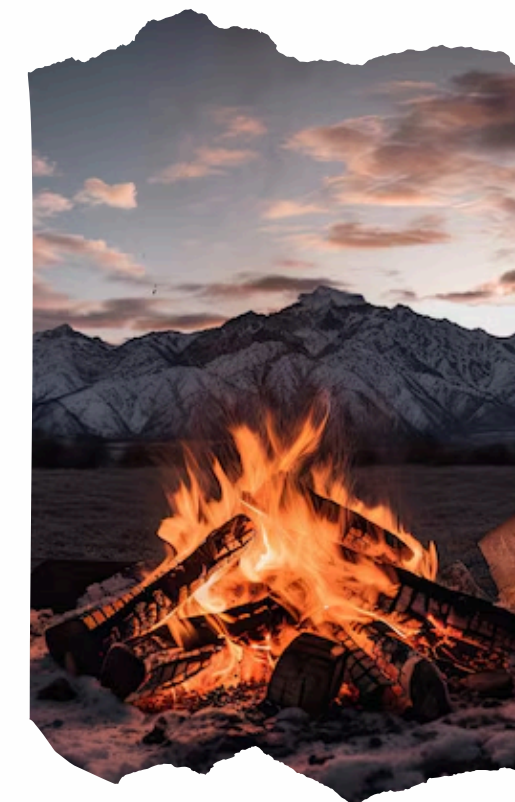
Friday

Indoor class



Saturday

Sanctum Hike at
the top
On the Glacier



Sunday

Outdoor evening
class and fire
ceremony

Fiona Cuff

Fiona is a powerhouse of energy and intuition, creating transformative spaces that challenge limits and deepen connection. With a background in competitive sports and a corporate career, she combines physical strength with emotional depth. Her sessions are dynamic and empowering, designed to leave participants feeling inspired, focused, and more aligned with themselves. Fiona has a gift for reading the room and crafting an atmosphere where every movement becomes an opportunity for growth.

Jack Greaves

Jack brings an electrifying mix of storytelling, movement, and performance. As a Reformer Pilates and Spin instructor, alongside his career in musical theatre, he creates unique, high energy experiences that captivate and inspire. Jack's sessions are a journey, infused with creativity and motivation, leaving participants feeling energized and uplifted. His ability to connect with participants on a personal level makes every class a memorable one.

Pricing Plans

From March 24th to March 31st

SANCTUM

Deluxe Room

Sfr. 550.-
per night
1 person

- 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

Deluxe
Rooms

Deluxe Room

Sfr. 655.-
per night
1 person

Half board plan

- Accomodation in deluxe room, shower, south 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

Sfr. 890.-
per night
1 person

- Accomodation in high floor suites with South oriented terrasse bath, shower and view
- Continental breakfast
- Daily Sanctum experience (5 days)
- Welcome drink
- Car park
- Spa access
- Fitness center

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

The Suites

The Suites From 75 sqm

Sfr. 995.-
per night
1 person

Half board plan

- Accomodation in high floor suites with South oriented terrasse bath, shower 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. 1'200.-
per night for 2 persons

The Suites

