



YOGAHERZ
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**Yogaherz Weekend Yoga Retreat
Restore & Rejuvenate
Friday 1stth June-Sunday 3rdrd June 2018**

Come spend a very special weekend with us and discover how powerful a short break in the mountains can be. A weekend with yoga, meditation, hiking, vegetarian food, relaxation, fresh air and nature will nourish your body, mind and spirit. You will also learn about the power of pure essential oils and how they can be used in natural health care and in empowering your yoga practice.

The 2-night retreat will be held at a wonderful location in Pradaschier, near Churwalden called the Ganden Chökhör Tibetan-Buddhist-Meditation Center. It is a peaceful place steeped in history and full of spirituality and positive energy. The beautiful nature of the Swiss mountains will surround you and the wild flowers and green forests will entice you to spend time reconnecting with nature and all it's beauty. www.ganden.ch

The weekend will include 4 yoga practices and a light pleasant hike in the surrounding area.

The price includes the full retreat program, accommodation and vegetarian full board (3 meals per day):

- Single bedroom: 525 CHF
- Double bedroom: 475 CHF

You will also practice Karma yoga while you are there.

Ganden Chökhör is 1 hour and 40 minutes away by car and you can also travel there easily with public transportation. We will arrive late afternoon/early evening on Friday and finish after lunch on Sunday so we have plenty of time to reconnect with ourselves and to nature.

Give yourself the gift of a short break to relax, restore and rejuvenate yourself! To register and reserve your spot, please send an email to info@yogaherz.ch. **A 200 CHF deposit is required to reserve your place. The remaining payment is due by 15th April 2018.**

Namaste, Nicole & Michel // www.yogaherz.ch