



**ENERGIZE YOUR LIFE:
YOGA WINTER RETREAT**
with Nico Luce
in Leukerbad, March 3 – 6, 2016



Ressource d'énergie alpine

Join international renowned yoga teacher **Nico Luce** for spectacular stay in Leukerbad, the largest alpine thermal spa resort in midst of the splendid Swiss mountain world of the Valais. . Enjoy two daily yoga classes, healthy meals in the comfort of the Wellness Hotel Le Bristol, with its very own hot springs. This is an unique opportunity to nourish your body and soul and take your yoga practice to the next level both on and off the mat.

This 3 – 4 day retreat is open to all levels of yoga practitioners. All classes are optional and the time between the morning and evening yoga sessions is for skiing, hiking, spa, resting and relaxing.

Enjoy a week of deep connection with nature, recharge your batteries and come back with a renewed sense of self.

In Leukerbad, you'll find everything your heart desires. Whether you are an outdoor enthusiast, a ski fanatic, a wellness seeker or looking for a family oriented holiday or simply in search of peace and quiet, Leukerbad offers you a whole range of opportunities to relax, unwind or get active in the heart of the magnificent mountainous landscape of the Valais.

Find more on www.leukerbad.ch

Nico has been practicing and teaching yoga for over a decade and is trained in various lineages such as Power Vinyasa, Ashtanga, Anusara, Yin and Pilates. He is also a devoted student of eastern philosophy and spirituality which he weaves into the physical practice to create a profound transformational experience.

Together with their children, Nico and Chloë live in the French part of Switzerland. Both travel internationally offering teacher trainings, workshops and retreats.

For more information on Nico please check out his website www.nicoluce.com

Accommodation and Nutrition:

Stay at the ******Wellness Hotel Le Bristol** in Leukerbad, a full 4-star service hotel in a quiet south-facing corner of Leukerbad with its own thermal bath complex, complete with its own hot springs, indoor and outdoor pools, grotto, biotope, sauna with panoramic window, steam bath, and gym. Free Wifi. www.lebristol.ch

Optional Activities: spa treatments, snowshoeing, ice skating, hiking, downhill and cross country skiing, sledding (with commas between each of the activities)

How to get to Leukerbad

Leukerbad is conveniently located in Valais canton, in south west Switzerland.

Easily accessed by plane, railway, bus or car.

The opening of the Lötschberg tunnel in 2007 has cut an hour off journey times.

More details are available at www.leukerbad.ch/en/page.cfm/Ausflug/Flugzeug

Yoga Winter Retreat „Energize your Life”

Two Yoga sessions daily; classes are held in English.
Yoga mats, blocks and blankets will be supplied

Arrival day (Thursday)

05:30 pm – 07:30 pm Restorative Yoga
07:30 pm Dinner

Daily schedule (Thursday – Saturday)

07:00 am – 07:30 am Meditation and Pranayama
07:45 am – 09:00 am Dynamic Yoga Class
09:00 am – 10:00 am Breakfast
10.00 am - 05.30 pm Free time for skiing, spa & resting
05:30 pm – 07:00 pm Restorative Yoga
07:30 pm Dinner

Departure day (Sunday)

07:00 am – 07:30 am Meditation and Pranayama
07:45 am – 09:00 am Dynamic Yoga Class

Model A: 4 days/3 nights March 3 – 6 , 2016

Yoga Retreat – at Le Bristol Hotel

CHF 790.-- per person, double occupancy

CHF 950.-- single occupancy (limited number of rooms available)

Model B: 3 days / 2 nights March 4 – 6, 2016

Yoga retreat – at Le Bristol Hotel

CHF 720.-- per person, double occupancy

CHF 830.-- single occupancy (limited number of rooms available)

incl. tuition for all yoga, meditation and pranayama classes, access to all Wellness/SPA areas at Le Bristol Hotel; snacks and beverages before and after class

incl. breakfast buffet, and vegetarian dinner

non-refundable/non-transferable deposit of CHF 300.-- per person is required.

The remainder is due by 15 February, 2016. Cancellations after this date will not be refunded. If the teacher is unable to lead the retreat due to unforeseen circumstances, we reserve the right to replace him with an equivalent one. Insurance is your own responsibility. The teacher shall not be held liable for any damage to, or loss of property or injury to persons.

External participants (Yoga only): 90 – 120 min. lesson: CHF 40.00



****Wellnesshotel LeBristol, Rathausstrasse 52, 3954 Leukerbad

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