

Yoga Weekend

Go with the flow

**29 Nov - 1 Dez, 2024
in Appenzell**



Nartana
yoga & cranio

Single Room Comfort Land
Single Room Comfort Lake

CHF 683
CHF 728

Double Room Comfort Land
Double Room Comfort Lake

2 People
2 People

CHF 558 per Person
CHF 581 per Person

Please register via email: nartana@hotmail.com

Confirmation of Attendance and Payment Required by July 31st 2024

Namaste: Susan–Nartana Bacher 076 438 9093

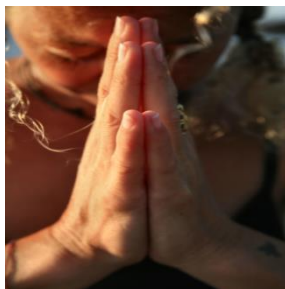
...a chance to relax, recover, rejuvenate, re-connect, pamper yourself and have some fun!

Weekend Package



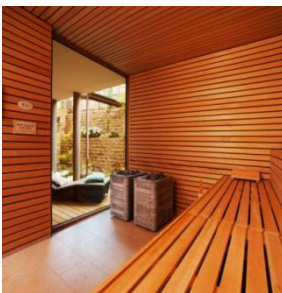
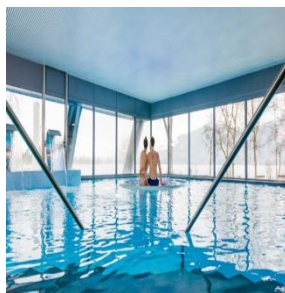
- 7 hours Yoga
- 2 Nights (incl. Tax & Wi-Fi)
- Breakfast buffet
- 2 Dinners - 4 course menu
Please inform In advance of any Gluten / Lactose intolerance)
- Free use of wellness facilities

Yoga



- FR/SA 1.5 Hour (17:00–18:30 – before dinner)
 - Yin Yoga
 - Pranayama
- SA/SO 2 Hours (07:15–09:15 – before breakfast)
 - Pranayama
 - Meditation
 - Yoga Asana flow

Leisure time



- Sole Room with Himalayan Salt
- Indoor Pool & Whirlpool
- Finnish Sauna & Finarium + More
- Hiking & Sightseeing
- Or just relax and let yourself go
- Massage (not inclusive), please contact hotel in advance for reservation