

Yoga & Wellness Weekend



Single Room Comfort Land		CHF 776
Single Room Superior Lake		CHF 816
Double Room Comfort Land	2 People	CHF 636 per Person
Double Room Superior Lake	2 People	CHF 656 per Person

Please register via email: nartana@hotmail.com

Confirmation of Attendance and Payment Required by August 30th 2025

Namaste: Susan–Nartana Bacher 076 438 9093

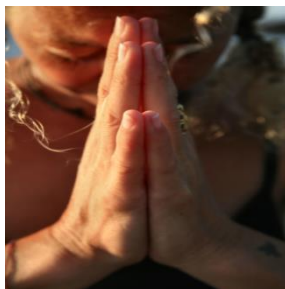
...a chance to relax, recover, rejuvenate, re-connect, pamper yourself and have some fun!

Weekend Package



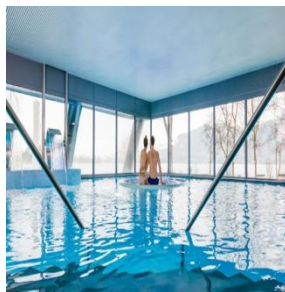
- 7 hours Yoga
- 2 Nights (incl. Tax & Wi-Fi)
- Breakfast buffet
- 2 Dinners - 4 course menu
Please inform In advance of any Gluten / Lactose intolerance)
- Free use of wellness facilities

Yoga



- FR/SA 1.5 Hour (before dinner)
 - Yin Yoga
 - Yoga Nidra
- SA/SO 2 Hours (before breakfast)
 - Pranayama
 - Meditation
 - Vinyasa Yoga

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 included), please contact hotel in advance for reservation