



# Holistic Wellbeing



## **Breathe deeply**

### **Breathing in deeply: the first thing we do when we see the light of the day**

There are few things more invigorating and relaxing than the fresh mountain air. With this in mind, we invite you to relax and take a breath. Conscious breathing helps to relieve stress and restore inner peace. Focus on your body's natural rhythm as you open your lungs.

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**25 min/CHF 50**

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## **Mindful Meditation**

### **Open to all - no experience necessary!**

Discover the benefits of mindfulness meditation and encourage a deeper awareness of your body. Weather permitting, we'll take a short walk in nature to focus on breathing and meditation. Other mindfulness techniques can include guided meditations and mantra meditations.

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**50 min/CHF 80**

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## Nourish



However you choose to design your Moving Mountains spa experience, our Moving Mountains menus are the perfect complement. These 100% plant-based dishes are delicious, nutritious, gentle on the digestive system and rooted in a deep connection to the Swiss mountains. Look out for the Moving Mountains symbol on our restaurant menus.



### **Private yoga lessons**

Yoga is an exercise for the body and the mind. The Hatha branch of yoga offered at the hotel represents a gentle form of movement. Breathing and movement come together in a dynamic flow that brings about improved posture, circulation and inner balance. Begin your morning with the Surya Namaskar (Sun Salutation) for a light, refreshed start to the day; end your evening with the Chandra Namaskar (Moon Salutation) or yoga nidra for complete relaxation and deep sleep.

Yoga can be practised in the yoga room or in various other freely accessible yoga spaces within the hotel. Complimentary yoga classes are offered several times a week. Private yoga sessions can be arranged on request for a fee.

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**50 min/from CHF 150**

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### **Moving Mountains in-room yoga**

A selection of tailor-made yoga sessions is available to enjoy in the privacy of your room. Ask for our in-room yoga kit and use the step-by-step instructions on your TV system to practice gentle movement at any time of the day or night.

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**In-room yoga bag is available for you upon demand.**

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### **Private fitness training**

Book a personal training session with one of our dedicated personal trainers. London-based fitness expert Matt Gleed has trained multiple Olympians, top-flight football clubs and tennis professionals. Together with our in-house trainers, he has developed a bespoke functional fitness programme that can be tailored to your fitness level for health and longevity.

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**50 min/from CHF 150**

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### **Private outdoor fitness training**

Recharge your batteries in the unspoilt nature that surrounds our hotel. Explore the landscape and discover the many ways to incorporate the natural environment into your fitness journey.

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**50 min/from CHF 150**

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