

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.

30 mins
CHF 50

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.

60 mins
CHF 80



NOURISH



Whatever you choose to integrate into your personal Moving Mountains Spa experience, our Moving Mountains menus offer the perfect complement - plant-based, nutrient-rich, easy to digest, rooted in the Swiss mountains and joyfully delicious. Just look for the Moving Mountains icon on our restaurant menus



MOVEMENT OFFERS

PRIVATE YOGA LESSONS

Yoga amidst spectacular mountain scenery

Yoga is both a physical and mental exercise. Hatha Yoga, offered at the hotel, is a gentle form of exercise incorporating the Asanas (postures), leading to improved posture, blood flow and inner balance. Begin your morning with Surya Namaskar (Sun Salutation), which will leave you feeling light and refreshed for the day ahead, and end your day with the Chandra Namaskar (Moon Salutation) or Yoga Nindra, for complete relaxation and deep sleep. Yoga can be practiced in the Yoga along with various other open Yoga areas at the hotel. Complimentary Yoga lessons are available several times a week. Private Yoga lessons can be arranged on request for a fee.

60 mins
CHF 80

MOVING MOUNTAINS IN-ROOM YOGA

Enjoy the privacy of your room

A selection of tailor-made yoga lessons is available in the privacy of your room. Ask for our In-Room Yoga kit and use the step-by-step instructions on your TV system any time of the day or night.

With our compliments



MOVING MOUNTAINS ACTIVITIES



Choose from a wide range of free Moving Mountains activities. Ask for our weekly program.

