

## 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**

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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.

**60 mins**  
**CHF 80**

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### 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**

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### 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**

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## PRIVATE FITNESS TRAINING

Book your one-to-one gym class with one of our dedicated personal trainers. London based fitness expert Matt Gleed has coached several Olympic athletes, premiership football clubs and leading tennis players. Together with our in-house trainers he has now created a bespoke functional fitness programme tailored to your respective level to deliver health and longevity.

**30 mins**

**CHF 50**

**60 mins**

**CHF 80**

(60 mins – CHF 160 for 2 Pers.)

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## PRIVATE OUTDOOR TRAINING

Recharge your batteries in the unspoiled nature neighbouring our hotel. Explore the surroundings and discover the countless ways to incorporate the environment into your fitness programme.

**60 mins**

**CHF 80**

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## MOVING MOUNTAINS ACTIVITIES



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

