



Alpine Harmony

A traditional yoga retreat

Experience Soulful Bliss (Atman Ananda) and discover the path to Inner Balance (Sattva) as you embark on a journey guided by three experienced yoga teachers.

11th to 13th April 2025



Hatha Yoga - Hatha flow - Vinyasa - Meditation - Sound Bath - Yoga Philosophy



JOIN US

For a unique opportunity to reconnect with your true self, rejuvenate your body, and find inner peace in the tranquil embrace of the Swiss Alps. Our retreat offers a harmonious blend of traditional yoga practices, meditation, yoga philosophy and mindful living.

Whether you are a beginner or an advanced practitioner, this retreat invites you to experience the transformative power of yoga, find harmony within, and renew your spirit amidst the peaceful nature

THE RETREAT



Discover our Yoga Retreat at Hotel-Pension Beau-Site

Find peace and rejuvenation in the heart of the Valais Alps. Escape to the serene setting of Hotel-Pension Beau-Site, nestled in nature at 1,200m above Martigny. Enjoy panoramic mountain views, abundant sunlight, and an atmosphere that invites relaxation and renewal.



Retreat Stay



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ACTIVITIES

Hatha Yoga:

Traditional postures for strength, flexibility, and alignment.

Hatha Flow:

A dynamic practice combining breath and movement.

Vinyasa:

A flowing sequence of poses that enhance balance and stamina.

Pranayama:

Breathing techniques to calm the mind and energize the body.

Deep Relaxation:

Practices to release tension and achieve profound rest.

Meditation:

Techniques for mindfulness, inner peace, and mental clarity.



OTHER EXPERIENCES

Posture Corrections and Modifications:

Receive personalized guidance and posture corrections from two teachers to ensure safe and effective practice tailored to your needs.

Sound Bath:

For relaxation, stress relief, and spiritual well-being.

Yoga Philosophy:

Learn about the history, principles, and deeper aspects of yoga, and about ayurveda

Nature Walks:

Connect with the stunning natural surroundings and find harmony in nature's beauty.

Breathe in the fresh mountain air and enjoy mindful walks through the serene alpine landscapes.



PLANT BASED FOOD

Creative and colorful, the cuisine is 100% plant-based and made with organic, seasonal and as local as possible products.

Organic & Biodynamic: Organic products, favoring biodynamic whenever possible.

Seasonal & Local: Local produce from Valais, then Swiss, then European sources, following the Bio Suisse seasonal calendar.

Natural & Homemade: Whole, unrefined foods and minimize processed ingredients, always choosing the most natural options.

Eco-Friendly Practices: Reduced packaging, limit plastic use, and support local artisans (coffee, fruits, juices).

Your Yoga Guides

You will be guided by three experienced yoga teachers, Noopur, Viresh, and Ivan, from Lausanne & Vevey - who bring many years of practice and expertise in teaching yoga.



Viresh, a yoga instructor from Karnataka, India, began his yoga journey at a young age and gained experience teaching in both India and Nepal before settling in Vevey in 2022. He specializes in Hatha Yoga, Vinyasa, Pranayama, and Yoga Nidra, offering classes that cater to all levels. Passionate about making yoga accessible to everyone, Viresh also shares his love for Indian cuisine through yoga brunches and cooking classes.

Born in India and inspired by her yoga guru grandfather, Noopur began practicing yoga at a young age. Now based in Switzerland, she shares the transformative power of yoga with students of all levels, committed to the philosophy of 'Yoga for everyone.' Noopur guides her students on a journey of physical, mental, and spiritual well-being through Hatha yoga, Hatha flow, Pranayama, and Prenatal yoga, helping them experience the profound, life-changing benefits of the practice.



Ivan, a yoga instructor from Switzerland, is passionate about yoga philosophy and history. Currently studying South Asian Studies, he loves sharing the rich stories behind yoga's origins, mythology, and philosophy with his students. In addition to his deep knowledge of yoga's spiritual roots, Ivan also teaches Yin Yoga combined with Sound Baths in Vevey, offering a calming and immersive experience for body and mind.

YOGA SCHEDULE



FRIDAY	SATURDAY	SUNDAY
	08:00–09:30: Morning yoga	08:00–09:00: Morning yoga
	10:30–12:00: Brunch	10:00: Room checkout
	12:00–16:00: Outdoor yoga & free time	10:30: Brunch
16:00–17:00: Open arrival	16:00: Snack	12:00: Ayurveda presentation
17:00: Welcome meeting	16:30: Philosophy session	14:00: Afternoon yoga
17:30–19:00: Yoga session	17:00–18:30: Evening yoga	15:30: Philosophy session
19:00: Dinner	19:00: Dinner	16:00: Group sharing & final meeting
21:00–21:30: Sound bath	21:00–21:30: Sound bath	16:30: Departure





STAY

HÔTEL BEAU SITE, 1927 CHEMIN, SUISSE

Options to select from

**FULLY
BOOKED!**

1

Individual room:
740 CHF - Full price
per person

**FEW SPOTS
AVAILABLE**

2

Double room:
640 - Full price
per person

**FULLY
BOOKED!**

3

4 beds room:
540 - Full price
per person

3 days and 2 night

Deposit needed to secure your your
150 CHF (per person)

Payment via Twint or Bank

Please complete the sign up form in the next page to receive payment details.

BOOKING

[Click here - Sign up form](#)

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CONTACT

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