

Welcome to our mountain yoga retreat, where tranquility and transformation await. Over the next three days, immerse yourself in daily yoga sessions, guided meditations, and insightful workshops designed to deepen your practice. Enhance your experience with luxurious spa treatments and rejuvenating massages, all set against the serene landscape of the Swiss Alps.

Hosted at The Capra in Saas-Fee, a luxury boutique hotel blending traditional alpine charm with modern elegance, you will enjoy stunning mountain views and access to top-tier amenities, including an indoor pool, fitness center, and the Peak Health Spa.

StrongInYoga combines ancient yogic wisdom with modern needs, offering a safe space to reconnect with yourself.

Through a blend of yoga poses, breathing techniques, and meditation, we aim to enhance both physical strength and mental well-being.



Get in touch



www.capra.ch



reservation@capra.ch



Lomattenstrasse 6 CH 3906
Saas-Fee



Inner Transformation Yoga Retreat at The Capra, Saas-Fee 24.10-27.10.2024



HARMONY IN MOTION

Strength and tranquility through balanced practices.

YOGA BOOST

Dynamic flow, while developing strength and awareness of breathing.

GENTLE YOGA

This practice uses long holds and deep breathing to enhance flexibility and inner peace.

MEDITATION PURE ENERGY

This practice uses dynamic breathing to release blockages, ending in serene relaxation.

ESPRIT YOGA

Flow to calm the mind, prepare for meditation, and plant positive affirmations in your mind.

TRATAKA

Focus on a single point or, such as a candle flame, to enhance concentration and promote inner stillness.

PRANAYAMA

To balance energies and purify the body through controlled breathing, enhancing the life force, prana.

CHAKRA MEDITATION

Color visualization and mantra repetition to stimulate chakras through specific frequencies.

THAI YOGA (UPON REQUEST)

Holistic massage combining gentle stretches and rhythmic compressions to relieve tension and balance energy.

THURSDAY- SETTING INTENTION

15:00-16:00 Arrival & Check-In

16:30-17:00 Welcome Meeting

17:30-19:00 Esprit Yoga

19:30-20:30 Dinner

FRIDAY - FLOW & RESTORE

7:30-8:00 Pranayama 30'

8:00-9:00 Yoga Boost 60'

9:00-10:00 Breakfast

10:00-11:00 Workshop:
Understanding Yogic Lifestyle 60'

11:00-13:00 Free Time: Yoga Thai
/Private Yoga / Massage

13:00-14:00 Lunch (not included)

14:00-17:00 Free Time: Yoga Thai
/Private Yoga/Massage

17:30-18:00 Trataka 30'

18:00-17:00 Gentle Yoga 60'

19:30-20:30 Dinner

SATURDAY- ENERGIZE & CONNECT

7:30-8:00 Workshop Chakras &
Kundalini 30'

8:00-9:00 Meditation Pure Energy 60'

9:00-10:00 Breakfast

10:00-13:00 Hiking (not compulsory)

13:00-14:00 Lunch (not included)

14:00-17:00 Free Time: Yoga Thai
/Private Yoga/Massage

17:30-19:00 Yoga Thematique 90'
Yoga for different pathologies

19:30-20:30 Dinner

SUNDAY-REFLECT & RENEW

7:30-8:00 Chakra Meditation 30'

8:00-9:00 Harmony in Motion 60'

9:00-10:00 Breakfast

10:30-12:00 Check out & Departure