

## Samoëns, Haute Savoie, FRANCE 12<sup>th</sup> – 19<sup>th</sup> October 2019

This retreat is truly perfect for mountain-loving yogis; set amongst the breath-taking alpine scenery of the Haute Savoie, it offers a complete yoga immersion combined with a chance to practice yoga surrounded by dramatic mountains, waterfalls and charming alpine villages.

It will be a wellness experience to nourish both body and soul – an opportunity to “drink in” all the beauty around, delve more deeply into your practice and reaffirm your commitment to being the best you can be!

The retreat offers twice-daily “liquid flow” yoga, with plenty of time in between to explore the surrounding region and experience the very special vibe of autumn in the alps.

We’ll be staying in a charming, traditional alpine chalet that has been lovingly renovated to provide a high standard of comfort in very individual rooms - all sympathetically furnished to retain the original character of the property. The chalet is situated in a beautiful and peaceful alpine valley, near to the village of Samoëns, surrounded by a cirque of alpine peaks and spectacular waterfalls. I know this area well and so I will be able to suggest walks and runs of all levels from valley trails to accessible mountain summits. I also plan a full-day mountain excursion at some point during the week.

Those who have already established a yoga practice will gain the most benefit from this immersion as the focus will be on providing structured teaching to intermediate students looking for progression. So, you can expect an uplifting week that will inspire you to challenge yourself, whilst also allowing time for you to breathe in mountain air, reconnect with nature and benefit from the mind/body connections revealed by a pure diet and conscious movement. The retreat is also structured to allow you time for personal reflection and contemplation as well as a chance to curl up with a good book in the cosy chalet!

You’ll go home feeling restored and empowered to take a more intuitive approach both on and off your mat!





## Retreat Fact File

### Location & Getting There

Samoëns is a traditional alpine village in the heart of the Giffre valley, about an hour by car from Geneva airport. EasyJet offer regular direct flights to Geneva from most UK airports; the best airports for those travelling from Cumbria are Newcastle, Edinburgh or Glasgow. For those looking to explore more widely, hiring a car for the week will give the most freedom. Otherwise, an airport transfer can be arranged.

### Accommodation

The accommodation is spread between the main farmhouse chalet and an adjacent smaller chalet – both provide various accommodation options to suit different budgets. All rooms offer exceptional comfort, with furnishings chosen to complement the unique character of each room to create a relaxing vibe. Most rooms have en-suite facilities.

### Cuisine

All food on this retreat will be prepared by a very experienced chef and a plant-based diet will be offered throughout; we'll eat brunch after our morning practice and the evening meal will be served after evening practice.

### Price

There are accommodation options to suit different budgets; the rooms are very individual and so have been priced separately. The price, including 7 night's accommodation and vegetarian meals, is determined by your room choice. Email me for current room availability, room details and prices.

Twin room	from £945
Double room	from £1045
Single room	from £1205 (1 room available at this price)

### Solo Travellers

The majority of guests booking onto yoga retreats are solo travellers so there will be no problem finding you someone to share a room with. However, if you would prefer to have a room to yourself then there are two single rooms available and it is also possible to pay a single supplement of £300 on a twin/double room.

### Booking & Payment

To secure your booking a £300 deposit is required, payable by BACS. The remaining balance should be paid at least 10 weeks before departure. Staged payments are also an option.

## What's included

- ♥ 7 night's accommodation
- ♥ All meals – these will be lovingly prepared nutritious and delicious plant-based feasts
- ♥ A 1:1 consultation and assessment to ensure you get the best from your retreat
- ♥ Daily morning yoga - these will be strong, dynamic sessions to energise and uplift you
- ♥ Evening yoga sessions (1 evening off during the week to allow for a mountain excursion)
- ♥ Alignment clinic with hands-on adjusts and posture assessment
- ♥ Discussions to inspire you on your wellness journey and to delve deeper into your practise

## What's not included

- ♥ Flights and airport transfers
- ♥ Travel insurance
- ♥ Meals or drinks out

"Being on retreat with Sarah was a fantastic experience and my practice came on leaps and bounds through the week, both physically and mentally. Sarah takes a very personal approach with each student, from 1:1 chats, to establish aims, to dedicated class preparation, to ensure sessions met the needs and feelings of the group. Morning sessions were challenging, to invigorate and energise both body and mind. The evening sessions were more mellow flow sequences and there was also time to focus on alignment - the perfect mix. It feels such a privilege and luxury to devote time purely to your practice and well-being, however the benefits make it totally invaluable. I'd wholeheartedly recommend one of Sarah's retreats and hope to join her again on one soon."

Lisa

