



One Wild Precious Life

18-23 September 2022

“When she started letting go, her vision became clearer. The present felt more manageable, and the future began to look open and full of bright possibilities. As she shed the tense energy of the past, her power and creativity returned to her. With a revitalized excitement, she focused on building a new life where joy and freedom were abundant.”

Yung Pueblo



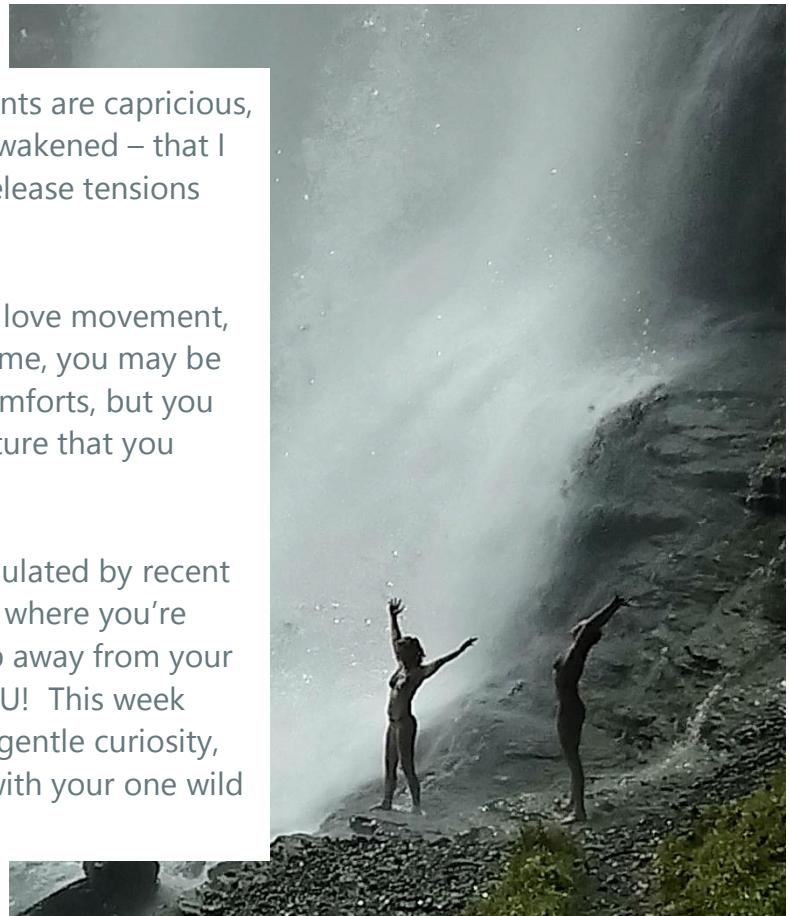
They say you must get lost to find yourself – I can't say if this is true for everyone, but it has certainly been true for me

Ethos

It is amongst wild places - where the elements are capricious, adventure beckons and all the senses are awakened – that I find peace; it is here I find space to think, release tensions and find clarity.

This intimate alpine retreat is for you if you love movement, seek adventure and value tranquillity. Like me, you may be someone who appreciates creature comforts, but you also seek that special reconnection with nature that you know will bring you back to yourself.

Maybe you've also been feeling discombobulated by recent times and know you need to get clearer on where you're headed next! But for sure, you'd like to step away from your day-to-day, and find freedom to just be YOU! This week offers an opportunity to turn inwards, with gentle curiosity, and reappraise what it is you'd like to do "with your one wild and precious life".

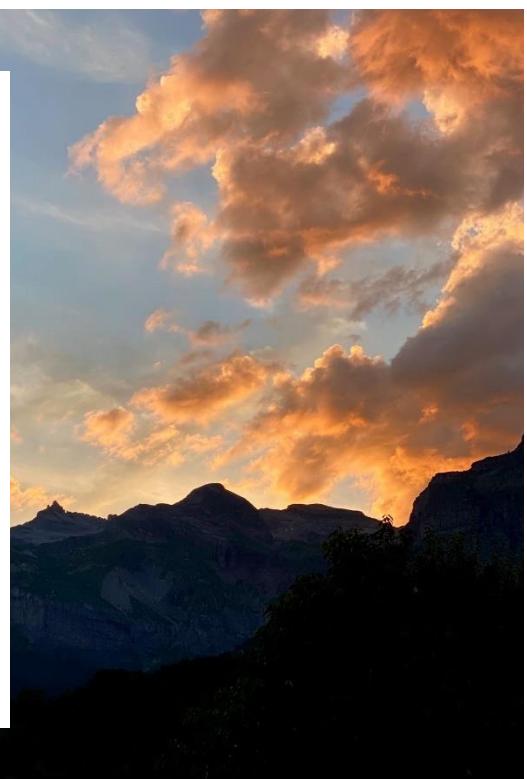


This is the escape your heart has been yearning for!

Vibe

It will be a week of going with the flow - syncing with nature, the moods of the mountains and the energy of the group. If you are ready to open your heart to something less scripted and embrace spontaneity, then this is for you. I'll encourage a slower pace although you can expect plenty of yoga and mountain adventures. You can hike or run straight from the chalet door - I cannot wait to share all my favourite places (and waterfalls) with you!

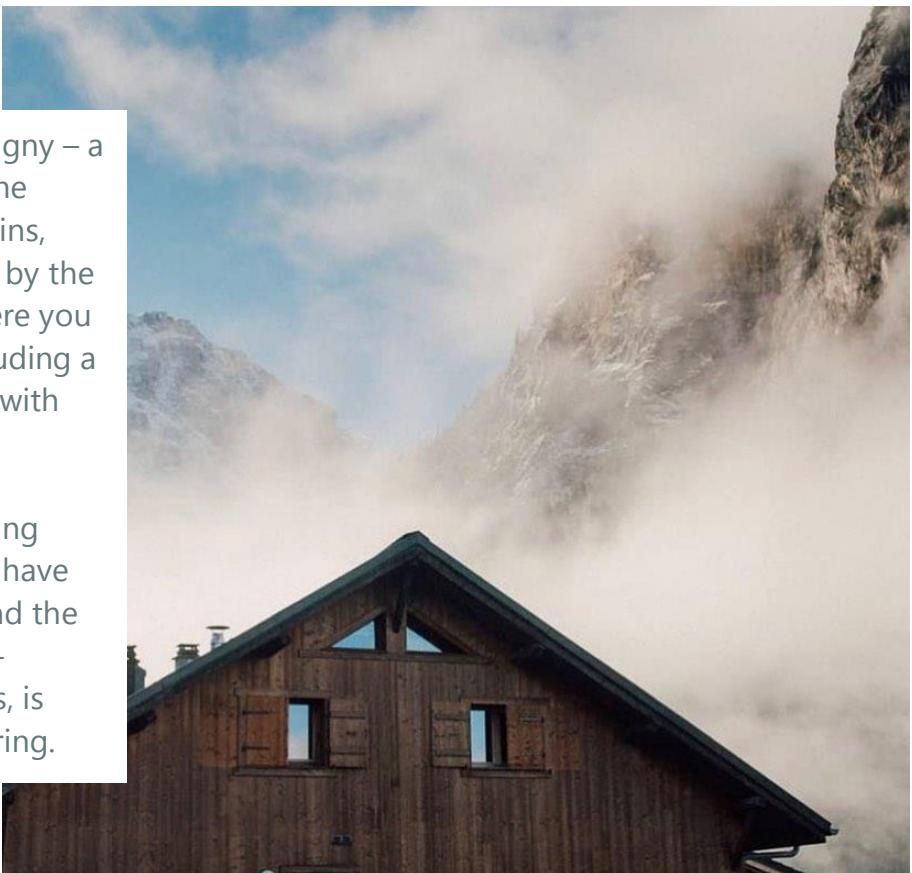
You will be warmly welcomed, whatever your size, age, background or yoga level – I simply ask that you bring an open-mind, a considerate nature and a kind soul. Together we will practice yoga, eat nourishing food, hike in the mountains, visit waterfalls, laugh, share stories or simply take in the incredible views!



Space

Our chalet for the week is in Salvagny – a tiny village, perched high above the valley and surrounded by mountains, pine forests and soaring cliffs, cut by the most breath-taking waterfalls. Here you will find every modern luxury including a beautiful yoga space and hot tub with the most amazing views!

There's just space for eight - coming alone might seem daunting, but I have done this so many times and found the experience of being amongst like-minded souls, sharing experiences, is always inspiring and deeply restoring.



This will be a safe space – free from judgement – there will be no pressure to be anyone else but **yourself**.



Sleep

The bedrooms are beautiful, and all have ensuite shower rooms; all rooms are on the first floor and include a very spacious twin/triple room, two large twin rooms and a cosy cabin room.

All rooms have large windows with amazing views and the private bathrooms have large rainfall head showers, heated towel rails and underfloor heating. An external door and steps lead directly from the first floor bedrooms to the hot tub!

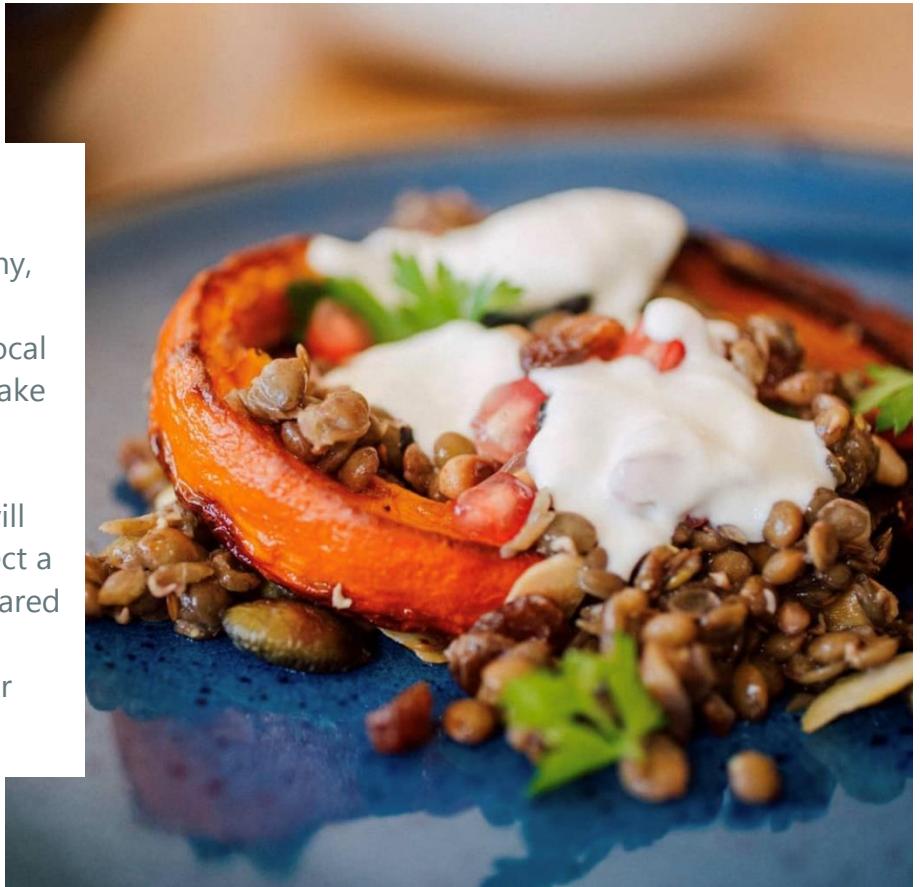


We believe that our relationship with food is an extension of the relationship we form with ourselves, our community, and our planet!

Eat

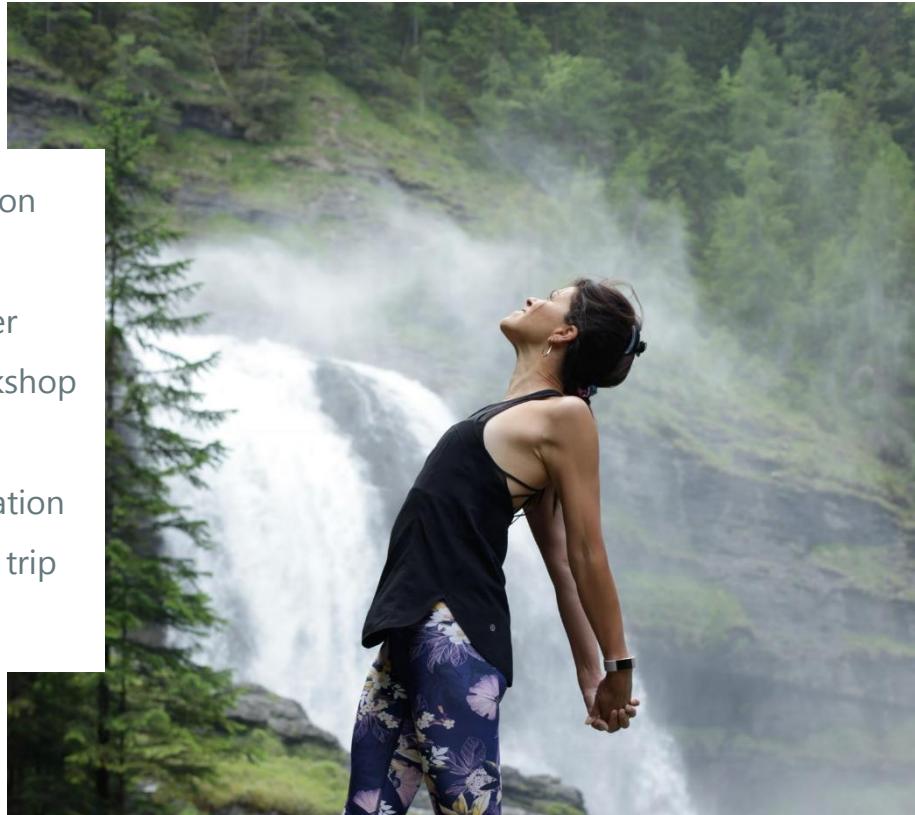
We'll be looked after by our experienced chef, Jess de Jong. We share a similar food philosophy, and she will source the best ingredients, aiming to use fresh local produce, wherever possible, to make sure each meal is special.

Jess will be preparing food that will nourish both body and soul; expect a plant-based seasonal menu, prepared with beautiful simplicity and showcasing her ingenious flare for creating delicious, healthy feasts.



Offering

- ♥ 5 nights' accommodation
- ♥ Daily led yoga classes
- ♥ Brunch, snacks & dinner
- ♥ "Wild & Precious" workshop
- ♥ 1:1 coaching session
- ♥ Guided hikes & exploration
- ♥ Waterfall "sightseeing" trip
- ♥ A gift or two



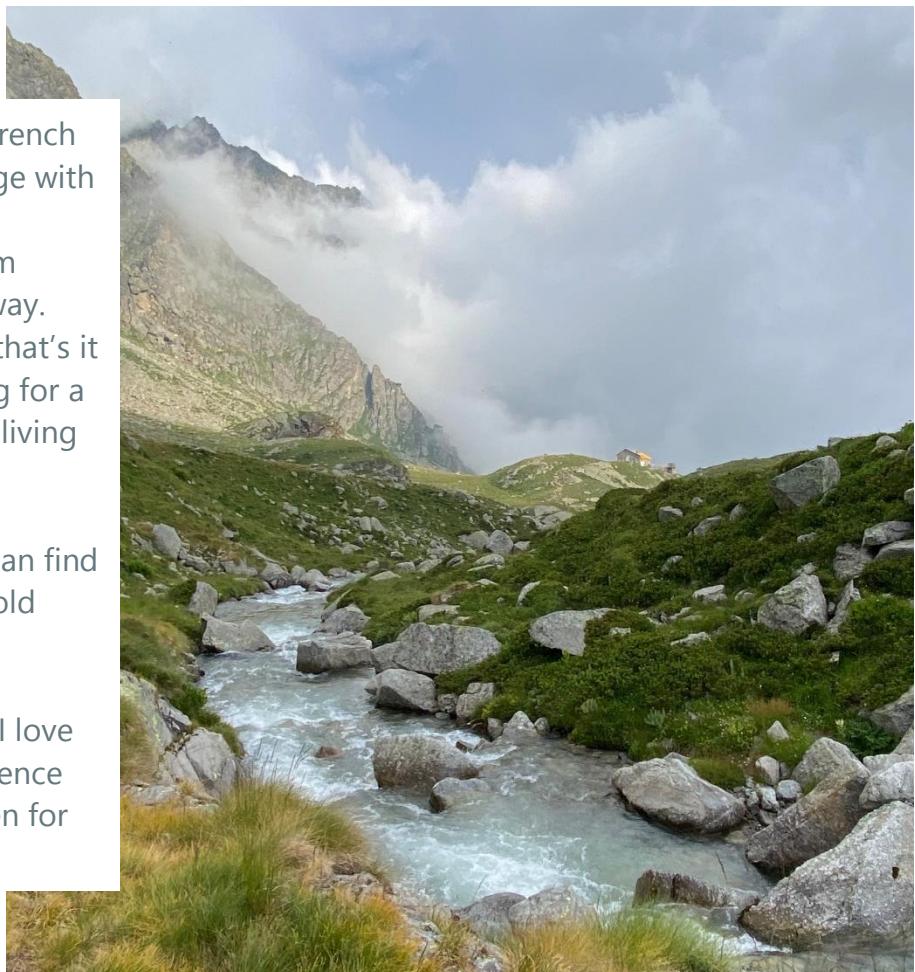
Autumn in the alps is special – the light, the colours and the tingling, clear mountain air make it perfect for a meaningful wellbeing experience.

Milieu

Salvagny is perched high in the French alps and is a calm mountain village with a remote feel although it easily accessible by car or mini-bus from Geneva airport, about an hour away. There's a gite and a coffee bar – that's it - so this really is for those looking for a slower pace and to enjoy a week living consciously in the mountains.

In the nearby village of Sixt you can find a few tiny shops and a beautiful old monastery/church.

I cannot put in words how much I love this place – I'd love you to experience the energy of this mountain haven for yourself.



Investment

Each room of the chalet is unique, so they are priced separately; prices are per person, sharing.

A deposit of *£500 is required to secure your place;

Very Large Luxury Twin/triple Room £1300

Or, if you are a group of 3 wishing to share £1100

Large Luxury Twin Room £1200

Cosy Cabin Room £975

*Terms & conditions will be sent to you to along with your booking form

Apply for a space by emailing info@thehealtharchitect.co.uk
please include a short paragraph about why you'd like to join this retreat

