





SPORT

Yoga retreat and cold water bathing with Chantal Koenig

**DATES** 20.02.2026 – 22.02.2026**ADDRESS** Seestrasse 52
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 buy tickets

Yoga retreat and cold water bathing with Chantal Koenig

Chantal Koenig is an experienced yoga teacher and trainer for prospective yoga teachers.

With over fifteen years of teaching experience, she combines precise bodywork, sound yoga philosophy and plenty of space for personal development. Her guidance is mindful, profound and at the same time down-to-earth - characterized by clarity, empathy and inner peace. In her work, she combines yoga, breathwork and natural elements such as cold water bathing to create a holistic path of experience. What you can expect Dynamic morning practice (Vinyasa Flow) to arrive in the body Breathwork sessions for energetic cleansing, emotional clearing and inner connection Cold water bathing in Lake Lucerne - accompanied and safely guided to strengthen your nervous system and deepen your presence Gentle evening practice with yin yoga, meditation and sound bath to bring the day to a mindful close Inspiration & impulses from yoga philosophy - conveyed in a lively and everyday way Free time in nature, deep conversations and nourishing silence Small group & protected space for genuine encounters and personal development You can find more information about Chantal Koenig at www.alohayoga.ch