

SPORT

Yoga Retreat Autumn

**DATES****ADDRESS**

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to the website

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Autumn magic - harmony for body and mind at the Yoga Retreat

Take the weekend for a unique yoga experience. Bianca and Juan Carlos invite you to enjoy moments full of harmony for body, mind and soul. The Hotel Alexander is located directly on the lake, surrounded by powerful and beautiful nature, protected at the back by the majestic Rigi. We start each morning with meditative moments, breathing exercises and a dynamic asana practice to start the day with stability, balance and new energy. In the afternoon, you can experience the power of nature with guided forest bathing and then find your inner peace with a yin or restorative yoga class. In the evening, you are invited to a yoga nidra or sound meditation journey to fully relax and calm your mind.