

# Yurt Wellness Programme



WEDNESDAY	
11:30 – 12:30	<b>Vinyasa Yoga Flow</b>
16:00 – 17:00	<b>Heart-Opening Yoga Flow</b>
17:15 – 18:00	<b>Deeply Restorative Yoga Nidra</b>

SATURDAY	
09:00 – 10:00	<b>Vinyasa Yoga Flow</b>
15:00 – 16:00	<b>Animal Kids Yoga</b> <i>(parents welcome to join)</i>
16:15 – 17:00	<b>Hatha &amp; Yin Yoga Flow</b>

THURSDAY	
09:30 – 10:30	<b>Pilates</b>
17:15 – 18:00	<b>Ski &amp; Hike Recovery Yoga</b>

SUNDAY	
09:00 – 10:00	<b>Mountain Breath – Meditation &amp; Yoga</b>
15:00 – 16:00	<b>Deep Stretch &amp; Mobility</b>
16:15 – 17:00	<b>Yin Yoga &amp; Meditation</b>

FRIDAY	
09:00 – 10:00	<b>Yin Yoga</b>
15:00 – 16:00	<b>Vinyasa Yoga Flow</b>
16:15 – 17:00	<b>Mindfulness Meditation</b>

CLASS FEES	
Morning classes	Afternoon classes
Complimentary for hotel guests CHF 30 for external guests	CHF 30 per lesson for all guests

For any class registration, please reserve your spot at least 24 hours in advance, or by 17:00 the day before, at the spa reception.