



YOGA RETREAT  
SPRING SERENITY RETREAT

THEME : EMBRACE THE SPRING

17TH TO 20TH MAY

Y O G A



S A T T V I C F O O D

R E S T & R E S E T



A hand holding a red pen is drawing a circular diagram on a piece of paper. The diagram consists of a light blue circle with six white dots on its circumference. The text "Our Process" is written in the center of the circle in a white, cursive font. Six text labels are placed around the circle, each connected to a dot by a thin white line. The background is a dark, blurred image of a hand drawing on a piece of paper.

RETREAT TO THE MOUNTAINS

CONNECT WITH  
YOURSELF

SURROUND  
YOURSELF WITH  
NATURE

# *Our Process*

EXPLORE YOUR  
INNER CREATIVITY

DIVE INTO YOGA  
PRACTICES

ENJOY THE  
SIMPLICITY OF THE  
FOOD

# About me

Welcome to the transformative world of yoga!

My name is Noopur, and I am delighted to guide you on an extraordinary journey of self-discovery and wellness. As a certified Hatha Yoga teacher from the spiritual land of India, I have been immersed in the practice of yoga since my childhood. Inspired by my Grandfather, a revered Yoga Guru, I've dedicated myself to sharing the transformative power of yoga.

All levels are welcome to this transformative retreat, where healing, growth, and self-discovery await. Embark on this incredible voyage and let yoga awaken your true potential. I'm excited to guide you on this profound journey of self-realization and inner harmony.



# Activities



## YOGA SESSIONS

### Sunrise Yoga

Greet the day with tranquility, grounding yourself in the serenity of dawn.

### Traditional Hatha Yoga:

Immerse yourself in the ancient practice that harmonizes mind, body, and spirit.

### Hatha Yoga Flow:

Connect breath with movement, creating a graceful and rejuvenating flow.

### Power Yoga:

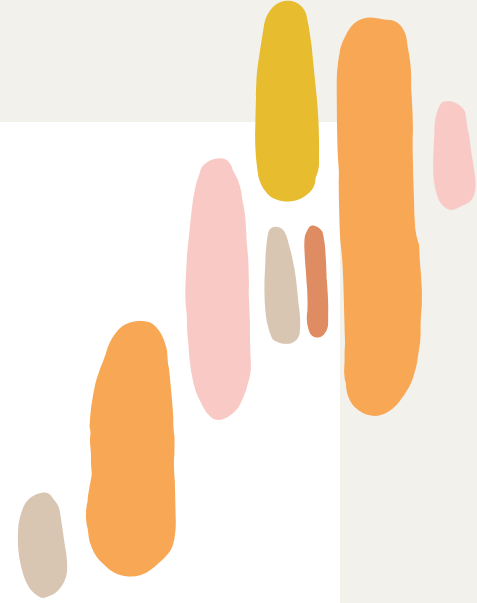
Ignite your inner strength and vitality with dynamic and empowering poses.

### Pranayama & Breathwork:

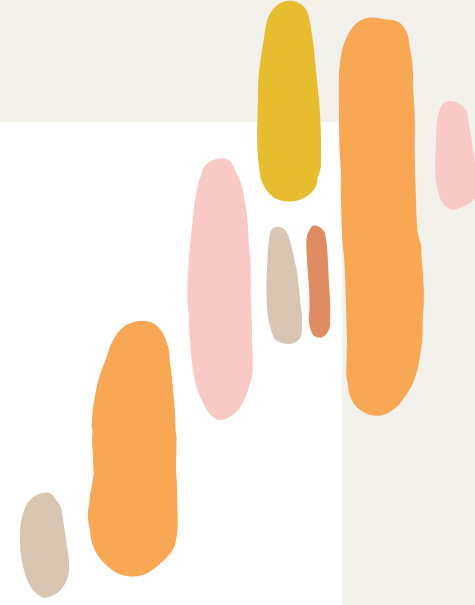
Explore the profound impact of conscious breathing for inner balance.

### Trataka (Concentration Meditation):

Enhance focus and clarity with this ancient practice of candle gazing.



# Activities



## NATURE IMMERSION

### Short Hikes & Nature therapy:

Traverse scenic paths, discovering nature's beauty with each step. Reconnect with the Earth, finding solace in the simplicity of natural surroundings.

### Integration with Nature through Yoga:

Fuse your yoga practice with the energy of the outdoor yoga.

### Discovering Our Surroundings and Sunset Yoga:

Unwind as the sun dips below the horizon, surrounded by the breathtaking beauty of nature.

### Nature Therapy with Art:

Tap into your creative essence, finding inspiration from the natural world.



YOGIC DIET

# Sattvic Food



At its core, mindful eating means listening and responding to your body's present needs, rather than eating rigidly according to a pre-set plan.

The Sattvic diet is commonly eaten by people practicing yoga. It has roots in Ayurveda, a medical system from India that is based on the idea that disease is caused by an imbalance or stress in a person's consciousness.

The Sattvic diet is a vegetarian diet made up of lots of fresh, nutritious foods like fruit, vegetables and nuts. It can therefore promote lots of health benefits.

Mindful Eating





## Sattvic Food





YOGA RETREAT  
PRICE & CONTACT

PRICE

17th to 20th May - **785 CHF**

3 Nights - 17th , 18th, 19th

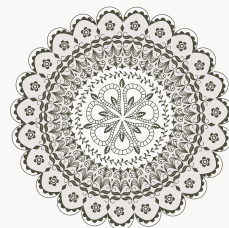
Includes - Stay, Yoga & Activities, Food

CONTACT



FOR SIGN UP OR ANY INQUIRY

**K O S H A . N O O P U R @ G M A I L . C O M**







FIND YOUR

*balance*