

AntarYatra - Inner Journey



A TRADITIONAL YOGA RETREAT IN SWISS ALPS
29th Oct to 1st Nov 2026 in BRIENZ



Different Yoga styles - Meditation - Sound bath - Yoga Philosophy Ayurveda -
Mantras - Bhajan Kirtan - Nature - Delicious Food



Join Us



Embark on a transformative journey to the with “Antaryatra: The Inner Journey.” This retreat offers a sacred space to connect deeply with your inner self. Beyond the practice of yoga, we will explore meditation, yoga philosophy, Ayurveda, and the soulful practices of mantra, bhajan, and kirtan. Join us for this profound opportunity to dive into self-discovery and spiritual growth amidst nature’s serene beauty.





Yoga Space



Step into a serene and luminous yoga space designed to support presence, harmony, and connection with nature. The room's unique octagonal shape and Feng Shui-inspired architecture create a balanced, grounding energy for practice and gatherings. Large windows flood the space with natural light and open it to the powerful landscape surrounding it, blurring the boundary between indoors and outdoors. With a comfortable sprung floor and a flexible layout, the space invites movement, stillness, and creativity — while the adjoining terrace allows practices or moments of rest to extend seamlessly into nature.

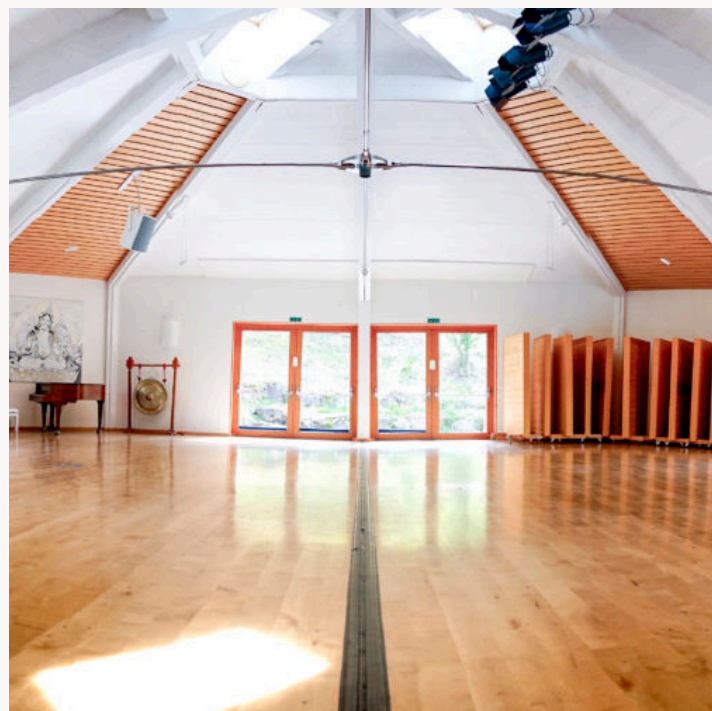





Seminar room



Step into a serene and luminous seminar room designed to support presence, harmony, and connection with nature. The room's unique octagonal shape and Feng Shui-inspired architecture create a balanced, grounding energy for practice and gatherings. Large windows flood the space with natural light and open it to the powerful landscape surrounding it, blurring the boundary between indoors and outdoors. With a comfortable sprung floor and a flexible layout, the space invites movement, stillness, and creativity — while the adjoining terrace allows practices or moments of rest to extend seamlessly into nature.





TEMPLE OF UNITY

Welcomes everyone, regardless of spiritual background. Since 1982, the Temple, Kutia, and Dhuni have served as spaces for worship, meditation, and ritual. Here, meditations, bhajans, and kirtans embrace universal spirituality, uniting all paths. Feel free to visit anytime for your personal reflection and for your personal meditation practice.





Retreat Stay

Nestled at 1,100 meters above sea level, this serene sanctuary is enveloped by the gentle embrace of nature and the tranquil silence of the mountains. Immerse yourself in a journey of spirituality and inner exploration, as the beauty of the surrounding landscape nourishes your soul.



Activities

Hatha Yoga:

Traditional postures for strength, flexibility, and alignment.



Vinyasa:

A flowing sequence of poses that enhance balance and stamina.

Yin Yoga:

Focus on deep stretching and long-held poses, targeting the connective tissues and promoting relaxation and flexibility.

Pranayama:

Breathing techniques to calm the mind and energize the body.

Deep Relaxation:

Practices to release tension and achieve profound rest.

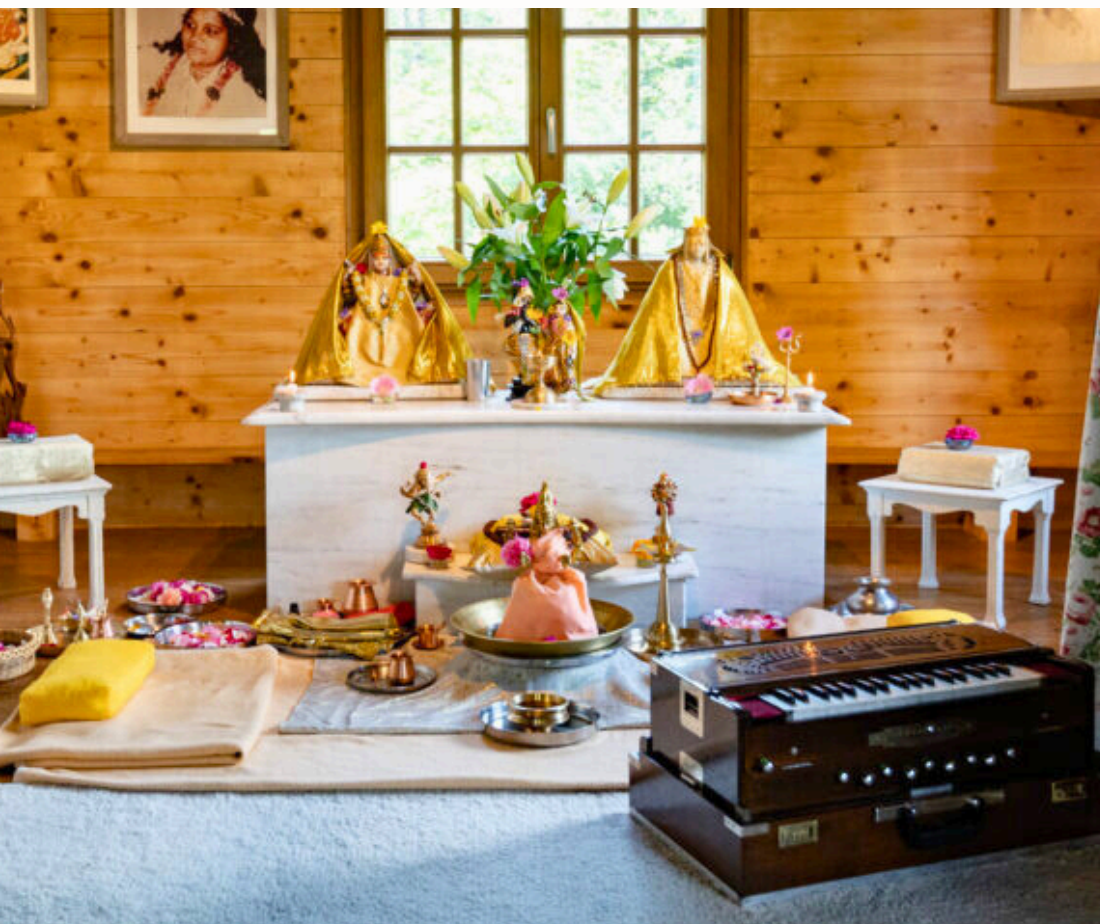
Meditation:

Techniques for mindfulness, inner peace, and mental clarity.





Other Experiences



Posture Corrections and Modifications:
Receive personalized guidance and posture corrections from three teachers to ensure safe and effective practice tailored to your needs.

Sound Bath:
For relaxation, stress relief, and spiritual well-being.

Bhajan - Kirtan:
A form of communal singing and chanting that brings joy, uplifts the spirit, and nurtures a sense of peace and connection.

Yoga Philosophy:
Learn about the history, principles, and deeper aspects of yoga, mantras, and about ayurveda. We will also have one session “Yoga Talks” dedicated to answer your questions regarding yoga

Nature Walks:
Connect with the stunning natural surroundings and find harmony in nature’s beauty. Breathe in the fresh mountain air and enjoy mindful walks through the serene alpine landscapes.



Your Yoga Guides



You will be guided by three experienced yoga teachers, Noopur, Viresh, and Ivan, from Lausanne & Vevey - who bring many years of practice and expertise in teaching yoga.



Viresh is a dedicated yoga instructor from Karnataka, India, rooted in the depth and authenticity of traditional Indian yoga. He began his yoga journey at a young age and taught in India and Nepal before settling in Vevey in 2022, where he co-founded Yogic Spirits. Specializing in Traditional Yoga, he is currently pursuing both a Master's and a PhD in Yoga. Viresh is also a passionate cook, sharing Ayurvedic and yogic Indian cuisine as an extension of his teachings.

Born in India and inspired by her yoga guru grandfather, Noopur began practicing yoga at a young age. Now based in Switzerland, she shares the transformative power of yoga with students of all levels, committed to the philosophy of 'Yoga for everyone.' Noopur guides her students on a journey of physical, mental, and spiritual well-being through Hatha yoga, Vinyasa, Pranayama, and Prenatal yoga, helping them experience the profound, life-changing benefits of the practice.



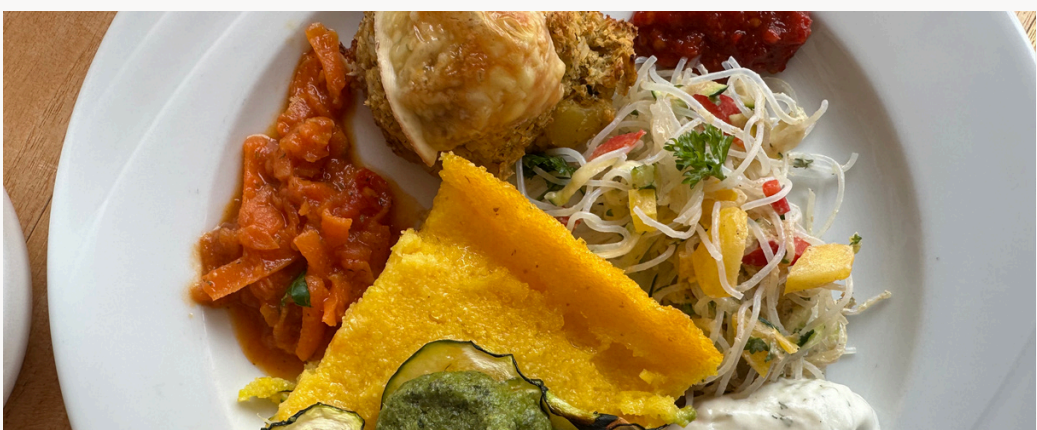
Ivan is a dedicated yoga instructor with a deep love for yoga philosophy and history, which he weaves into his teaching with clarity and care. He is currently studying South Asian Studies at the University of Lausanne (UNIL), focusing on Sanskrit, Hindi, Buddhism, and Hinduism, and grounding his classes in the cultural and spiritual roots of yoga. Teaching Yin and Soft Yoga, he offers mindful practices for all levels, and invite students to explore yoga beyond the physical practice.

Organic Vegetarian Food

The kitchen team is dedicated and passionate about preparing a generous buffet for every meal, with a carefully curated selection of dishes. Great emphasis is placed on thoughtfully prepared organic vegetarian cuisine, using herbs and vegetables from the on-site permaculture garden, depending on the season and availability.

A variety of teas is available for guests throughout the day and evening. Special dietary needs can be accommodated. The cozy self-service bar offers an organic selection of ice cream, chocolate, and other treats, available at any time for snacks.

The water from all taps in the building is drinkable and comes from the retreat's own spring, known for its excellent water quality.



Stay - 4 days 3 nights

Options to select from:

1

Individual room:

890 CHF - Early Bird

940 CHF pp - Full price

2

Double room:

790 CHF - Early Bird

840 CHF pp - Full price

3

3 - 4 bed room:

690 CHF - Early Bird

740 CHF pp - Full price

4

Camper

650CHF - Early Bird

700 CHF pp - Full price

**The prices listed above are per person - pp*, transport not included
Bathrooms are shared and available on every floor
Early Bird ends on 1st May 2026*

To secure your spot, a deposit is required.
The deposit corresponds to the cost of your
3 night boarding & food at Schweibenalp.



Deposit amount per person:

Single room: CHF 504

Double room: CHF 420

Multi-bed room: CHF 384

Camper (1 person): CHF 330

Additional person in camper: CHF 276



Payment via Bank

Please complete the sign up form available
at www.yogicspirits.com/retreats to receive
payment details.



Booking & Contact

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to book and fill the form or go to
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Email us for Inquiry & more information :

info@yogicspirits.com

or

kosha.noopur@gmail.com



Stay connected through our Instagram :

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We hope to see you soon!

Memories from our last retreats

