

MOVING STILLNESS - Meditation & Yoga Retreat

Explore subtler realms of consciousness through meditative movement, mantras and subtle yogic practices to develop a deeper connection with your intuitive self-healing mechanism. Deep emotional traumas stored in the body manifest as behavioral patterns and/or physical ailments. This retreat intends to introduce you to powerful meditative practices to help release any held stress or trauma by tapping into your innate ability to heal from deep within.

Meditative movements (channeling the vital energy in the body called Prana or Chi) are complemented by breathwork, mantra chanting and powerful tools for meditation during this weekend. If you are looking for a spiritual practice that goes beyond physical postures, this might be for you.



YOUR HOST - Tapashi Devchoudhury

Born in a Hindu Brahmin family in Northeast India, Tapashi was introduced to asanas very early by her father, and the wisdom of ancient Hindu philosophies by her mother. Fascinated by ancient healing techniques, she is passionate about re-introducing this wisdom to the contemporary world. Tapashi teaches meditation, mantra chanting and asanas. Her style of teaching is a blend of traditional hatha yoga and qi-kung. She believes that 'Yoga' cannot be taught, it can only be experienced, and her classes aim to make this experience accessible to the modern body-mind.

YOUR STAY

The retreat will be hosted at Pension Beausite in Chemin-Dessus above Martigny. The magical alpine village is sure to enchant you, and the vintage boutique hotel has been known to create an effortlessly relaxing cocoon. The delicious meals, cooked with love, have a reputation of their own! The accommodation ranges from single rooms to double/twin or 3-4 shared rooms.



PROGRAMME*

Thursday

17:00-18:30 Grounding practice
19:00 Dinner
20:30 Meditation

Friday & Saturday

8:00-11:00 Morning practice
11:00 Brunch
14:00-16:00 Forest bath/ Workshop
16:00-18:00 Movement Medicine
19:00 Dinner
20:30 Meditation

Sunday

8:00-11:00 Morning practice
11:00 Brunch and goodbyes
* Please note that activities/time may vary slightly during the weekend



RETREAT PRICES (per person)

Single room: CHF 799.-
Double room: CHF 670.-
3-4 shared room: CHF 590.-

WHAT'S INCLUDED?

- ° 3 nights' accommodation at Pension Beausite
- ° Two delicious organic buffet meals (brunch and dinner) daily
- ° Tea, coffee and fresh fruits available all day

WHAT'S NOT INCLUDED?

- ° Cancellation insurance
- ° Transfers to and from Beausite
- ° Any extra activity, massage or treatment

Info & registrations: d.tapashi@gmail.com

