

# Rest & Align Week-End Retreat

WITH LUDMILA BUENO

YOGA - MEDITATION - NATURE

28 - 30 JANUARY  
VALAIS, SWITZERLAND

Give yourself a meaningful PAUSE, a moment to stop, to disconnect from the outer world and noise and to re-connect to yourself, to the innate wisdom ever present in the body. A pause that opens the door to a type of REST that guides you to open your inner ears to listen, truly listen to that which is always there. Your own body intelligence. So that then you may have the courage to align with the true teachings that are the ones from you to yourself, from your inner body, to your outer-inner world so you can show up with more ease and grace, aligned with your soul. The answers are right where you are and conscious rest becomes a possible gateway into a new world. Will you open the door?

Hosted at the ecological historical **Hotel Pension Beau-Site** in Chemin, Valais a paradise away from touristic winter areas.

I will guide you through yoga, meditation, movement and guided time in nature to find your own pathways to your rest & soul alignment.

No early wake ups, rest & respect for your body at the core of the experience.

## **You will leave feeling:**

- Rested and restored.
- Having found calm & peace of mind.
- With the clarity that comes from your body wisdom once you listen to your body
- Ready to give back from a rested and inner aligned place of being





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## Friday 28 January

- Arrival as of 16h
- Opening circle: 18h
- Dinner: 19h
- Evening Yin practice: 20h - 21h

## Saturday 29 January

- Morning Mindful Vinyasa, Pranayama & Meditation: 9h- 11h
- Brunch: 11h15
- Snow walk or Snowshoe & practice: 13h - 16h
- Free time
- Dinner: 18h
- Evening Yin practice: 19h - 20h15/30

## Sunday 10 October

- Morning Mindful Vinyasa, Pranayama & Meditation: 9h- 11h
- Brunch: 11h15
- Snow walk or Snowshoe and closing circle: 13h - 16h

COVID protection plan in place and the entire hotel is exclusive for the retreat.

**Note:** If the weather doesn't allow outdoor activities, there will be additional practices proposed.

You need to bring your own yoga mat. If you have your own blocs/strap/bolster please bring if not let us know.



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## WHAT YOU RECEIVE

- Single or Double Room
- Two 2hs morning practices
- Two 1hs evening practice
- Two guided walks in nature with meditation
- Optional journaling meditations for your free/integration time
- Personal time for rest, listening & contemplation
- Two vegetarian bio and local nourishing brunches & dinners.
- Herbal tea and fruit buffet during the day and coffee after dinner.

## WHAT IS NOT INCLUDED

- Transport to and from the retreat
- Additional food/drinks.

## PACKAGE OPTIONS

- Option 1: Private Room for 1 person.
- Option 2: Shared Room for 2 people.

In order not to alter the original architecture of the building, the bathrooms and sanitary facilities are all shared. There is a sink in each bedroom.

## EARLY BIRD BOOKING *paid by 31 December 2021 latest.*

- Option 1: CHF 689 for the one person in the room.
- Option 2: CHF 609 per person in the room

## NORMAL BOOKING *paid by 17 January latest.*

- Option 1: CHF 739 for the one person in the room
- Option 2: CHF 659 per person in the room

Deposit of CHF 500 to book.

**CANCELATION:** The deposit is not refundable under any circumstances. The difference is only refundable in case of an illness that impedes your participation. Formal medical certificate required to justify it.

**For booking & questions: [ludmilavictoria@yahoo.com](mailto:ludmilavictoria@yahoo.com) / +41 79 391 40 63**