

Individual Retreat

Yoga, Meditation, Silence, Nature

A time for yourself, to relax, recharge, cleanse the body/mind and disconnect from everyday life. Nurturing the body and mind in all its aspects, through moving the body, breath work, nourishing food, time in silence and connecting with nature.

I am delighted to offer you a customizable retreat according to your needs: duration, choice of practices, level of intensity, specific needs (physical, emotional and mental).

Practices

Practices that I offer: integral yoga sessions, pranayama, meditation, mantra recitation, Swatantra sadhana, meditative walking in nature, artistic expression, aromatherapy, Ayurvedic consultation, singing Bhanjans and more.

Yoga therapy is also an option to identify and remove physical, mental and emotional blockages as well as heal wounds and memories that no longer serve you.

Of course, you can also just stay in the hammock on the balcony, watch the birds, drink a tea and do nothing at all!

Accommodations

I live at the foot of the Jura mountains, in the village of Cuarnens (one hour from Geneva, 25 minutes from Lausanne) which the beautiful Venoge river flows through. Your accommodations are a private bedroom and bathroom and a dedicated yoga studio in the residence as well as a private garden bordering the river. All meals are provided and are vegan, with the option of gluten-free.

Price per day per person: 250CHF - for questions and to reserve:
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