

YOGA, FITNESS & RELAXATION

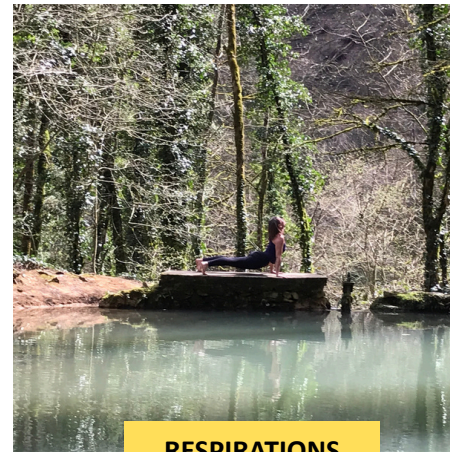
in Crans Montana – July 19–25, 2025



POSTURES



MEDITATIONS



RESPIRATIONS

 Treat Yourself to a Well-Being Getaway!

Yoga Retreat with Mountain Views, Sauna & Jacuzzi — Half-Board Included

For more info: Oguzhan Ege 079 340 5783





Hélène

ENERGIZE

DISCONNECT

CRANS MONTANA 19-25 JUILLET

08h00 : Breathing exercise

09h00 : Breakfast

10h30 : Dynamic postural yoga (yang yoga)

12h00 : Breaktime

14h00 : Sportive activities (hiking, biking)

17h45 : Restorative Yin yoga, Tibetan bowls, yoga nidra

20h00 : Meals served by our chef

21h00 : Relaxation, Sauna, Jacuzzi

At request (not included in the price)

Massage or sound bath Tibetan bowls

RENEW

SHARE



**A
WELLNESS
HAVEN
NESTLED IN
A PERFECT
SETTING**

www.objectiflunesoleil.ch

Daily Programme : YOGA, Fitness & Relaxation

July 19–25: AN EXCEPTIONAL WELLNESS RETREAT

Small group in a beautiful, fully equipped setting in Crans-Montana

Saturday, July 19

6:00 PM – Arrivals after 6 PM possible

Sunday, July 20

- 8:00–8:45 AM – Breathing practice (Pranayama)
- 9:00 AM – Breakfast
- 10:30–12:00 PM – Dynamic Postural Yoga (Yang Yoga): Strengthening
- Afternoon – Optional hike (Bisse du Tsittoret) + yoga stretches
- 5:45–7:30 PM – Restorative Yoga: Inverted & regenerative postures
- 8:00 PM – Dinner by a private chef
- 9:00 PM – Relaxation: Sauna & jacuzzi

Monday, July 21

- 8:00–8:45 AM: Breathing work (Pranayama)
- 9:00 AM: Breakfast
- 10:30–12:00 PM: Dynamic postural yoga (Yang Yoga): Heart opening
- Afternoon: Optional electric mountain biking
- 5:45–7:30 PM: Restorative yoga (Yin Yoga): Reconnection with self, relaxation with Tibetan bowls
- 8:00 PM: Dinner prepared by a chef
- 9:00 PM: Relaxation, sauna, jacuzzi

Tuesday, July 22

- 8:00–8:45 AM: Breathing work (Pranayama)
- 9:00 AM: Breakfast
- 10:30–12:00 PM: Dynamic postural yoga (Yang Yoga): Equanimity
- Afternoon: Optional hike – Bisse du Ro – yoga stretches
- 6:30 PM - 7:30 PM: Yoga Nidra + Tibetan Bowls
- 8:00 PM: Dinner prepared by a chef
- 9:00 PM: Relaxation, sauna, jacuzzi

Wednesday, July 23

- 8:00–8:45 AM: Meditation
- 9:00 AM: Breakfast
- 10:30–12:00 PM: Dynamic postural yoga (Yang Yoga): Drainage
- Afternoon: Free time (village visit, relaxation)
- 5:45–7:30 PM: Restorative yoga (Yin Yoga): Inverted & regenerative postures
- 8:00 PM: Healthy and varied BBQ for the final evening, with music

Thursday, July 24

- 8:00–8:45 AM – Meditation
- 10:30–12:00 PM – Yoga postural dynamique : fluidité
- Afternoon - Optional hike – Grand Bisse de Lens – yoga stretches
- 5:00–6:45 PM: Restorative yoga (yin yoga): regenerative, inverted postures
- 7:00 PM: Departure or additional evening upon request for the 25th

Friday, July 25

- 8:00–8:45 AM – Breathing practice (Pranayama)
- 9:00 AM – Breakfast
- 10:30–12:00 PM – Dynamic Postural Yoga (Yang Yoga): Equilibrium
- Afternoon: Free time (village visit, relaxation)
- 5:00–6:45 PM: Restorative yoga (Yin Yoga): Reconnection with self, relaxation with Tibetan bowls
- 7:00 PM – Departure

Additional Services in the afternoon or in the evening with reservation:

- Energizing & Restorative Swedish Massage
- Sound Bath with Tibetan Singing Bowls
- E bike rentals are not included in the price



Prices - the week of July 19 to 25 :

All inclusive: 4 nights / 5 days yoga retreat in Crans Montana, breakfasts, dinners (offered by our chef) , 20 hours of yoga, sauna, jacuzzi, 3 different hiking activities. E mountain biking trips can be organised at guests request

Std room for 5 days: 2600.- CHF (1300 per person)

Luxury suit for 5 days: 3800.- CHF (1900 per person)

Additional days:

Std room 1 day: 700.- CHF (350 per person)

Luxury Suit 1 day: 1000.- CHF (500 per person)

Free cancellation until the 4th of July .

For payments:

Oguzhan Ege

UBS SA

IBAN : CH48 0024 0240 7989 2440 L



Thanks!