



**Yoga & Meditation Weekend
"Easter Immersion"
Friday 15th - Monday 18th April 2022**

We are happy to announce that we will have another relaxing Easter retreat in our beloved Ganden Chökor in April 2022. This is our 7th year returning to Ganden despite Corona. The venue has proven that it provides us with a safety concept which works out very well. Despite Corona we enjoyed beautiful and unforgettable days in Pradaschier at Ganden. It is always a weekend that is special for everyone attending. We will practice yoga and meditation, enjoy a long walk in the surrounding nature and enjoy delicious vegetarian food. The beautiful nature and fresh air also contribute to a nourishing stay. Dangling your soul with like-minded people and doing yourself good is one of the most important things you can do for yourself. We also offer a practice with essential oils for relaxation and rejuvenation.

The 3 nights retreat will be in the wonderful location in Pradaschier, near Churwalden, in the Tibetan Buddhist Meditation Center. It is a historical place with a lot of positive and spiritual energy. The wonderful Swiss mountains surround the center. The green and the forests encourage you to reconnect with nature and all its beauty and to recharge your batteries. www.ganden.ch

The weekend includes 7 yoga sessions. We will also do an easy pleasant hike in the wonderful forests of the Swiss mountains with which he would like to go. (Massage slots available at extra cost)

The price includes the entire retreat program, accommodation and vegetarian full board. (3 meals)

3 Nights Retreat

Single room 630 CHF

Double room 580 CHF

Early bird (1st of March 2022) CHF 590.-

Early bird (1st of March 2022) CHF 540.-

You will also practice karma yoga during your stay by volunteering for a task to complete each day to support the house. This brings the group interaction on a new level. You will see how that ties the group together. It's a lot of fun.

Ganden Chökhör is 1 hour and 40 minutes from Zurich. It is also easily accessible by public transportation. We will arrive late Friday afternoon / evening and depart after Monday Lunch. You will have enough time to relax and restore completely.

Give yourself the gift of a short break to be able to go rejuvenated back to everyday life afterwards. **Please send an email to info@yogaherz.ch to register.**

Namaste, Michel, Nicole & Nessa - www.yogaherz.ch