



## Yoga & Meditation Weekend

"Earth Retreat"

Friday, June 6 – Monday, June 9, 2025

We are delighted to invite you to a **powerful early summer retreat** at our beloved **Ganden Chökhör**! This special weekend is an opportunity to **ground yourself, realign, and connect with the natural rhythm** of the year. Nestled in the breathtaking Swiss Alps, we take time for a retreat filled with **yoga, reflection, nature, and community**.

This **3-night retreat** takes place in the inspiring surroundings of **Pradaschier near Churwalden** at the **Tibetan-Buddhist Meditation Center**. Ganden Chökhör is infused with **positive and spiritual energy**, inviting you to experience the **power of silence and the beauty of nature**. More information at [www.ganden.ch](http://www.ganden.ch).

### The weekend includes:

- **7 yoga sessions**, including Yin, Hatha, and Kundalini Yoga, to help you relax and recharge.
- **Live music** – a singer will accompany us, enriching the practice with sound and vibration.
  - **Community & reflection** – space for stillness, exchange, and conscious being.
  - **A gentle hike** through the mountain landscape, suitable for all levels.
  - **Private accommodation and full vegetarian board (3 meals per day)**.
    - *(Additionally, massage appointments are available at an extra cost.)*

### Pricing (for 3 nights):

**Private room: 650 CHF | Early Bird (until April 13th, 2025): 600 CHF**

A small **karma yoga** contribution (a voluntary task to support the house) is also part of the experience, strengthening group harmony. It's fun and requires minimal effort.

### Getting there:

Ganden Chökhör is just **1 hour and 40 minutes from Zurich** and is easily accessible by public transport. We will meet on **Friday afternoon/evening** and say our goodbyes after **lunch on Monday**. This gives you plenty of time to relax and recharge.

### Give yourself this gift

Experience the **transformative power of nature, stillness, and community**. Feel free to sign up via email: [info@yogaherz.ch](mailto:info@yogaherz.ch)

Namaste,

Michel & Shima – [www.yogaherz.ch](http://www.yogaherz.ch)