



Winter Retreat at Hotel Balance

Wednesday November 18th
to Sunday November 22nd 2020

5 days of delicious guided practice with ATA, healthy food, good rest, and friendship

Daily Program

the retreat starts Wednesday at 7pm with diner and ends Sunday at 2pm after lunch

7.30 - 8.30 Meditation and Kryia

8.30 - 10.00 Breakfast

10.30 - 12.30 Maha Sadhana

12.30 - 13.30 Lunch

13.30 to 17.30 Free time - Hiking

17.30 - 18.30 Yoga Nidra

19.00 Diner

20.30 - 21.30 Kirtan

Hotel Balance Les Granges Valais Switzerland www.vegetarisches-hotel.ch

Single room with private bathroom CHF 2'300.-

Single room with shared bathroom CHF 1'300.-

Double room with private bathroom CHF 1'300.-

Double room with shared bathroom CHF 900.-

Prices are per participant and include full board, housing and the teachings

Contact and Registrations

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