



Swiss Alp Yoga Retreat with Sri Andrei Ram



Wednesday November 16th to Sunday November 20th 2022
at HOTEL BALANCE

Spend 5 days with Andrei Ram and experience the true purpose of yoga, the union of body and universal soul: Supreme Self-Realisation.

Through a masterful weaving of the physical and spiritual, of movement and knowledge, of listening and sharing, you will arrive at a fuller understanding and appreciation of all that yoga offers. Andrei will connect the practice of asana, the techniques of pranayama, the levels of meditation, the power of mantras, the understanding of the koshas and the astral bodies to allow you to ascend to greater self-realisation and enlightenment.

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

Alex Baechler info@atayoga.com

www.atayoga.com