

Welcome to our mountain yoga retreat, where tranquility and transformation await. Over the next three days, immerse yourself in daily yoga sessions, guided meditations, and insightful workshops designed to deepen your practice. Enhance your experience with luxurious spa treatments and rejuvenating massages, all set against the serene landscape of the Swiss Alps.

Hosted at The Capra in Saas-Fee, a luxury boutique hotel blending traditional alpine charm with modern elegance, you will enjoy stunning mountain views and access to top-tier amenities, including an indoor pool, fitness center, and the Peak Health Spa.

StrongInYoga combines ancient yogic wisdom with modern needs, offering a safe space to reconnect with yourself.

Through a blend of yoga poses, breathing techniques, and meditation, we aim to enhance both physical strength and mental well-being.



Inner Transformation Yoga Retreat at The Capra, Saas-Fee **16.10-19.10.2025**



VATA YOGA

Gentle poses to calm the mind, release tension, and cultivate lightness and freedom.

PITA YOGA

Enhances inner fire, sharpens mental focus, and energizes the entire body.

KAPHA YOGA

Promotes balance and grounding, fostering security and inner happiness.

MEDITATION PURE ENERGY

Includes dynamic breathing to release blockages, ending in serene relaxation.

TRATAKA

Solution to quiet the mind and promote healing by focusing on the flame of a candle.

PRANAYAMA

Technique to purify the body through controlled breathing, enhancing the life force.

YOGA NIDRA

Through guided meditation techniques, you'll access your subconscious mind, filling it with positive intentions.

FASCIA YOGA

Practice to release tension, improve mobility, and enhance flexibility by targeting the body's connective tissue.

THURSDAY

QUIET YOUR MIND: AIR & EASE

15:00-16:00 Arrival & Check-In

16:30-16:50 Welcome Meeting

17:00-18:00 Vata Yoga

18:00-18:30 Yoga Nidra

19:00-20:00 Dinner

FRIDAY

IGNITE YOUR POWER: FIRE & FOCUS

7:30-9:00 Meditation Pure Energy

9:30-10:30 Breakfast

11:00-13:00 Free Time

13:00-14:00 Lunch (not included)

15:00-16:00 Workshop: **Ayurveda & Yoga**

16:00-17:00 Free Time

17:00-18:00 Pita Yoga

18:00-18:30 Trataka

19:00-20:00 Dinner

SATURDAY

ROOT INTO BALANCE: EARTH & GROUNDING

7:30-8:30 Pranayama

8:30-9:00 Meditation

9:30-10:30 Breakfast

11:00-13:00 Hiking (not compulsory)

13:00-14:00 Lunch (not included)

14:00-17:00 Free Time

17:00-18:00 Kapha Yoga

18:00-18:30 Mantra Chanting

19:00-20:00 Dinner

SUNDAY

ELEMENTAL HARMONY: FASCIA & MOVEMENT

7:30-9:00 Fascia Yoga

9:30-10:30 Breakfast

10:30-12:00 Check out & Departure