

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.



Get in touch



www.capra.ch



reservation@capra.ch



Lomattenstrasse 6 CH 3906,
Saas-Fee



STRONGINYOGA



Inner Transformation Yoga Retreat at The Capra, Saas-Fee **29.05-01.06.2025**



HARMONY IN MOTION

Strength and tranquility through balanced practices.

YOGA BOOST

Dynamic flow, while developing strength and awareness of breathing.

GENTLE YOGA

Includes long holds and deep breathing to enhance flexibility and inner peace.

MEDITATION PURE ENERGY

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

ESPRIT YOGA

A gentle flow to prepare for meditation, while planting positive affirmations in your mind.

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.

FASCIA YOGA

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

THURSDAY- REST & UNWIND

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

16:30-16:50 Welcome Meeting

17:00-18:00 Harmony in Motion

18:00-18:30 Pranayama

19:00-20:00 Dinner

FRIDAY - RELEASE & RENEW

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: **Yogic Lifestyle**

16:00-17:00 Free Time

17:00-18:30 Esprit Yoga

19:00-20:00 Dinner

SATURDAY- EMPOWER & ENERGIZE

7:30-8:30 Yoga Boost

8:30-9:00 Pranayama

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 Gentle Yoga

18:00-18:30 Trataka

19:00-20:00 Dinner

SUNDAY-FLOW & FLOURISH

7:30-9:00 Fascia Yoga

9:30-10:30 Breakfast

10:30-12:00 Check out & Departure