



WINTER FUN IN SWITZERLAND

ASHTANGA YOGA & SKIING IN THE SWISS ALPS

FEBRUARY 1-8, 2025
WITH CHRISTINE HOAR • ASHTANGA MONTAUK

OUR RETREAT INCLUDES:

- **8 DAYS / 7 NIGHTS ACCOMMODATIONS**

double or single rooms, with private or shared bath

- **7 MORNING ASANA CLASSES / 4 AFTERNOON SESSIONS**

Meditation and Pranayama, followed by traditional Mysore class in the morning. Restorative yoga and dharma talks in the afternoon.

- **DAILY VEGETARIAN BRUNCH & DINNER**

Lunch is not included.

- **TRANSFER**

you are only responsible for your own transport via train back to Zurich

- **PRICING**

Single budget room: **\$2900** / Classic single room: **\$3100** / Deluxe single room: **\$3500**

Classic double room: **\$2700** / Deluxe double room: **\$3000**

- **REGISTRATION**

Please fill out our registration form and send a non-refundable deposit of \$600 to secure your spot.

Final balance due Dec 15, 2024. christine.hoar@gmail.com • www.ashtangamontauk.com

- **ARRIVAL**

Fly to Zurich, Switzerland, and take the train, taxi or Uber to Hotel Alma.

Check-in at our hotel is at 3 pm, but you can leave your luggage in the lobby and explore the city if you get there early. We will gather for an orientation and group dinner at 6 pm.



RETREAT PROGRAM

Our retreat will take you to unforgettable Switzerland and some of the most magical spots in Zürich and the Swiss Alps. We will venture out to the state of **GRAUBÜNDEN**, known for the wild, unspoiled nature and majestic alpine vistas. These places mean so much to us, and we are very excited to share the beauty with you!

Our retreat starts in **ZURICH** on **SAT, FEB 1**, where we will spend a night at the lovely **HOTEL ALMA**. Check-in is at 3 pm. You can leave your luggage at the hotel if you arrive early, and go for a walk along the lake, or simply relax in the hotel's wellness spa. We will gather at 6 pm for a welcome orientation in the hotel lobby and dinner together.

SUN, FEB 2: After a relaxing breakfast, we pack our luggage and leave the city for the alps. A 90 min. train ride and a 15 min aerial cableway up the mountain will bring us to the charming village of **FELDIS**. The small mountain village is located on a sunny terrace (4500 ft.) in the heart of Graubünden, and is known as an oasis of tranquility set amid a majestic Alpine backdrop. The beautiful and eco-conscious **BERGHOTEL STERNA** will be our home for the next 6 nights. After check-in we can go for a little stroll around the village, and then gather for an afternoon yoga session and later for a delicious meal!

MON, FEB 3 – FRI, FEB 7: Start the day with meditation, chanting, and Mysore yoga, followed by a generous brunch. We can then explore the snowy landscape in myriad ways in and around **FELDIS**, either ski, snowshoe, sled down the mountain or simply enjoy the sun and snow with a warm beverage and a book in your hand. On top of the mountain in Feldis, reachable via chairlift, are two very adorable ski huts with lovely homefood food and hot beverages. In the late afternoon we have a second relaxing yoga session, and dharma talks.

SAT, FEB 8: We will have one last morning yoga session, followed by breakfast at the hotel and then part ways! Check-out is at 11 am. From **FELDIS** you can take the gondola/train back to **ZURICH** to catch a flight home or travel onwards in Europe. We are also happy to give you some suggestions for your onwards travels in case you want to extend your Swiss trip.







Hotels in Zürich und Feldis

ZÜRICH (HOTEL ALMA)



FELDIS (BERGHOTEL STERNA)



GETTING THERE AND AROUND

Fly to Zurich and take a taxi or Uber to [HOTEL ALMA](#). It is centrally located and in walking distance to the old town.

Zurich is a very walkable city and is also well serviced by the iconic blue tram system. You can purchase a city day pass for all tramlines, valid 24 hours, for approx. 12 Swiss Francs at any tram stop.

CHECK-IN AT [HOTEL ALMA](#) on Saturday, February 1, 2025 after 3pm. Mainaustrasse 24, 8008 Zürich, Phone: +41 44 380 80 10

WELCOME ORIENTATION at 6pm in the hotel lobby. DINNER follows afterwards.

MORE INFO ABOUT FELDIS

WWW.MYSWITZERLAND.COM/EN-US/SEARCH/?Q=FELDIS

WWW.VIAMALA.CH/DE/AKTIVITAETEN/WINTERSPORTBERICHTE/FELDIS

WHAT TO BRING

Pack lightly! Less is always more and easier to handle on public transport. Bring warm clothes for evenings and a ski outfits, snow boots, enough warm socks, but also pack your swimsuit for the spa/sauna. Bring suitable footwear for walking around in snow and a small backpack for snacks and extra layers. Also recommended are good sunglasses, sun screen for the strong alpine sun and personal medications. Swiss pharmacies are great and carry a lot of over the counter and also homeopathic medicine. The hotel in Feldis carries yoga mats!! No need to bring yours.

SHOPPING

Feldis is for relaxing, not shopping per se.. but it has a small grocery store with all the culinary necessities and at the base of the chairlift a small ski shop with basics like hats, glasses, socks. That is also where you can rent skis and boots, and sleds, and snowshoes! the rates are very reasonable.. and so is the day-pass at 39 Swiss francs. for more info, go here: <https://www.viamala.ch/de/aktivitaeten/wintersportberichte/feldis>

WEATHER

Feb in Switzerland is "normal" winter weather, hopefully with a nice snow cover, and with an average daytime temperature in the 30F's, and an average nighttime temperature of 10-20F. We are mostly in the mountains on 4500-6600 ft. altitude.

The sun can be strong, so bring protection.

CURRENCY & EXPENSES

The currency is Swiss Francs. Exchange rates can be found [HERE](#). Extra activities/transportation costs can be paid in cash or credit card. There is an ATM machine in Feldis.

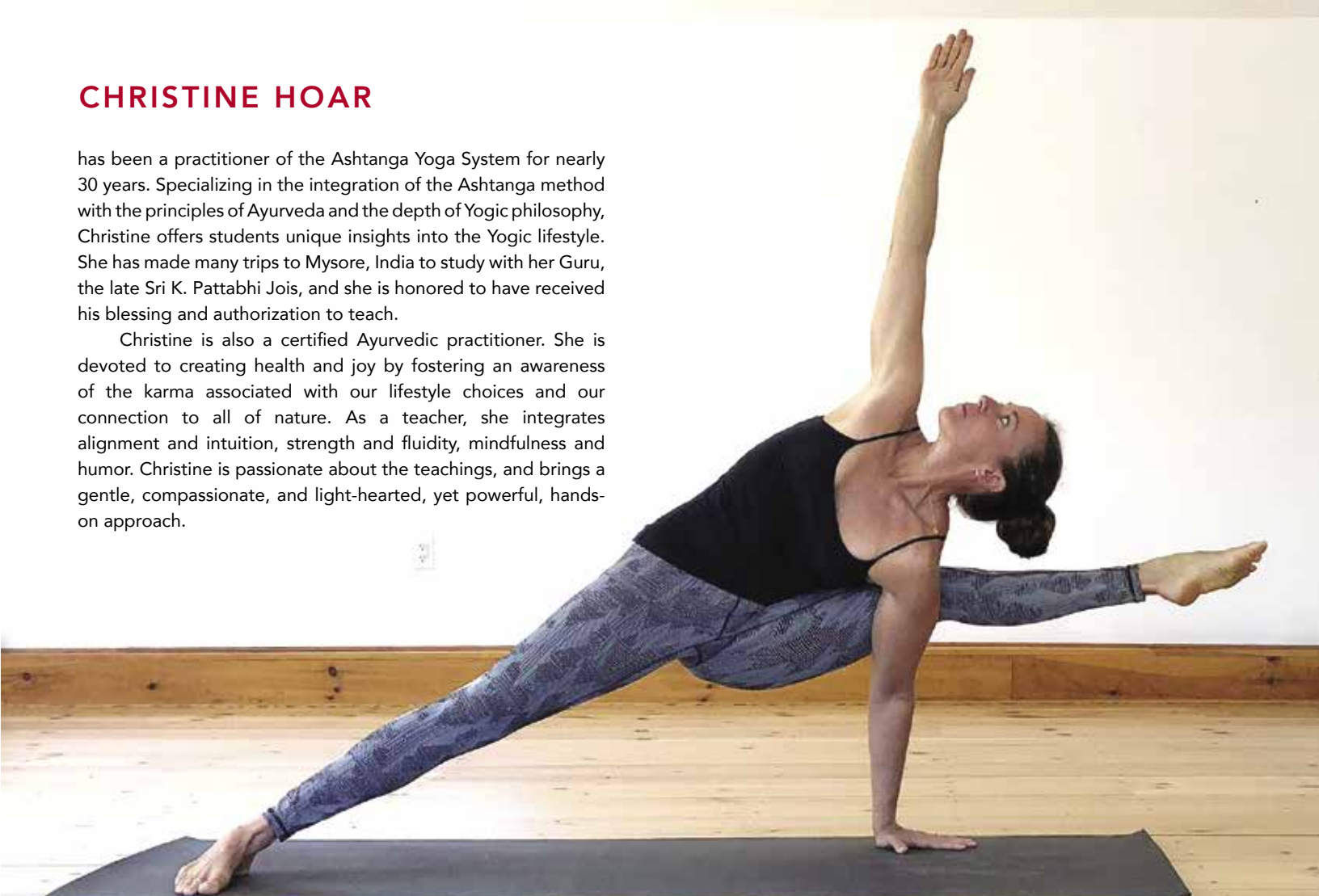
PASSPORT

U.S. citizens may enter Switzerland for up to 90 days for tourist or business purposes without a visa within any 180-day period. Your passport should be valid for at least six months beyond the period of stay.

CHRISTINE HOAR

has been a practitioner of the Ashtanga Yoga System for nearly 30 years. Specializing in the integration of the Ashtanga method with the principles of Ayurveda and the depth of Yogic philosophy, Christine offers students unique insights into the Yogic lifestyle. She has made many trips to Mysore, India to study with her Guru, the late Sri K. Pattabhi Jois, and she is honored to have received his blessing and authorization to teach.

Christine is also a certified Ayurvedic practitioner. She is devoted to creating health and joy by fostering an awareness of the karma associated with our lifestyle choices and our connection to all of nature. As a teacher, she integrates alignment and intuition, strength and fluidity, mindfulness and humor. Christine is passionate about the teachings, and brings a gentle, compassionate, and light-hearted, yet powerful, hands-on approach.



To book your retreat spot, contact Christine:

christine.hoar@gmail.com

t: 802.238.3735

www.ashtangamontauk.com

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ASHTANGA MONTAUK

CANCELLATION POLICY

If you need to cancel your reservation more than 60 days before the scheduled retreat date, you will forfeit your deposit, unless we are able to fill your spot with another participant. Cancellations made 60-30 days prior to the retreat date are subject to a cancellation fee in the amount of the full deposit. We regret that any cancellations within 30 days or less are subject to a cancellation fee in the amount of 100% of the retreat cost. Fees are completely non-refundable and non-transferable. Exceptions to our policy cannot be made for any reason. We do not offer credit for arriving late or leaving early. We are NOT responsible for your expenses incurred in preparation for any canceled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. There is no exception to cancellation policy including weather or personal emergencies, flight cancellations or delays. We recommend purchasing Travel Protection Insurance through a qualified agent. If we must cancel a retreat, there will be 100% refund on all funds received to date. Thank you for understanding and respecting the cancellation policy.

SWITZERLAND YOGA RETREAT 2025

with Christine Hoar

Feb 1-8, 2025

REGISTRATION FORM (separate form required for each traveler)

Name.....
Expiration date of passport.....
Date of birth..... Gender: M..... F..... X.....
Email.....
Phone: home..... mobile

Address.....

City..... State..... Country..... Zip.....

Occupancy desired*:

.....Budget single room: **\$2900**

.....Classic single room: **\$3100**

.....Deluxe single room: **\$3500**

.....Classic double room: **\$2700**

.....Deluxe double room: **\$3000**

*First come, first-served

Roommate request: Name

Traveling in a group, please name your friends

Traveling solo, please select a roommate for me

Dietary restrictions: vegetarian..... allergy..... other.....

(we try to accomodate you as best possible)

\$600 non-refundable deposit due with registration form. FULL Balance due Dec 15, 2024.

Signed..... Date.....

Please submit payment via Zelle to christine.hoar@gmail.com, 802.238.3735

wire transfer, or checks payable to Ashtanga Montauk and mail to:

Christine Hoar, PO Box 872, Montauk, NY 11954

We look forward to sharing this week with you!

christine.hoar@gmail.com