

TIBETAN WEEK

From March the 11th to March the 17th



Tibetan Monk Lharampa Tenzin Kalden

From March the 11th to March the 13th

With 17 years at the Sera Monastic University, in South India, he gained the title of Rabjampa and reached the highest level of Gelug tradition, the Lharampa.

- **Lu Yong Tibetan Yoga**

Private 60min CHF 250.-

Group Class 60min CHF 150.- per person

- **Meditation**

Private 60min CHF 250.-

Group Class 60min CHF 120.- per person

- **Mantra Healing of Five Elements**

Private 60min CHF 250.-

Group Class 60min CHF 120.- per person

Tibetan Healing Antonis Sarris

Named one of the world's best therapists, Antonis Sarris has mastered Tibetan wellness practices and graduated from the Tibetan Medicine Education Center "Sowa Rigpa".

- **Tibetan Consultation**

60min CHF 150.-

- **Tibetan Singing Bowls**

60min CHF 220.-

- **Tibetan Ku Nye Massage**

75min CHF 245.-



Six Senses Spa – The Alpina Gstaad

Alpinastrasse 23, 3780 Gstaad

T: +41 33 888 9898 | E-mail: reservations-alpinagstaad-spa@sixsenses.com |