



THE ALPINA GSTAAD TO HOST TIBETAN WEEK

Tibetan Monk to Introduce Tibetan Yoga, Six Senses Spa's Antonis Sarris to Lead Tibetan Healing Retreat in August

GSTAAD, Switzerland, August 1, 2016 – Now in its fourth year, the award-winning Alpina Gstaad continues to surprise its guests. As the newest luxury hotel to open in 100 years, [The Alpina Gstaad](#) was destined to bring a new distinctive vibe to this traditional Swiss Alpine village. During the week of August 22 to 28, The Alpina Gstaad will host its first Tibetan Week featuring Tibetan yoga "Lu Yong" with Lama Tenzin Kalden and a Tibetan Healing Retreat with the acclaimed Six Senses Spa therapist Antonis Sarris.

From August 22 to 25, Tibetan monk and scholar Lama Tenzin Kalden Dahortsang from the Tibetan Institute in Rikon near Zurich will teach hour-long Tibetan yoga classes and meditation sessions each day. The three-day, four-night [Tibetan Healing Retreat](#) features Hor-me therapy, an ancient remedy to relieve stress, fatigue and even panic attacks. Tiny poultices of nutmeg and cumin seed in oil are applied to pressure points of the body. The retreat begins with a 60-minute consultation and includes a session with Tibetan signing bowls and a Ku nye massage using salt packs, cups or stones and meditation. The retreat is available to The Alpina Gstaad's guests year round.

An ancient practice of Tibetan Buddhist, Tantrayanah and Bön traditions, Lu Jong is a series of flowing body movements done in conjunction with rhythmic breathing that releases blockages in the body's energy channels. Tibetan practitioners believe that in opening the body's physical blocks, the flow of blood increases, organs are stimulated and immunity and hormonal balance improves. Guests will achieve more mental clarity, balanced emotions, invigorated energy – leading to a deep harmony of body, mind and spirit. Tibetan healing is based on the wholeness and interdependence of the body and mind with nature, and the five



elements of earth, fire, water, air and space are the fundamental principles shared by the body.

The Alpina Gstaad Features Tibetan Wellness Specialists

After studying for 17 years at India's Sera Monastic University, Lharampa Tenzin Kalden Dahortsang gained the title of Rabjampa and reached the highest level of the Gelug tradition, the Lharampa. Named one of the world's best therapists by Spa Finder, Antonis Sarris has been with Six Senses Spas for 15 years and at The Alpina Gstaad since its opening in December 2012. He has studied Tibetan wellness practices for a number of years and since 2012 has been a student of Traditional Tibetan Medicine "*Sowa Rigpa*" under Prof. Pasang Yonten Arya T. Sherpa at the Tibetan Medicine Education Center.

The Alpina Gstaad Features Innovative Programs

The Alpina Gstaad has featured a number of innovative programs and retreats with the aim of recalibrating guests' minds and bodies to promote a complete immersion into healthy and mindful living. Mindful Leadership expert Christian Kurmann and Christian Turkier, founder of Création - Center for Swiss Sophrology, both hosted retreats. Two years ago, the hotel introduced a [Yogic Sleep](#) Program. In March, Tibetan scholar and teacher Lharampa Tenzin Kalden Dahortsang led a [Silent Retreat](#).

The Tibetan Healing Retreat costs 2950 CHF (about US\$3,005) for single use and 4800 CHF (about US\$ 4,895) for two persons and includes accommodations in a Deluxe Room Schönried, daily breakfast, all taxes and VAT plus all activities, instruction and spa treatments as outlined above. Guests can choose to sign up for the one-hour Tibetan yoga and meditation sessions with Lama Tenzin Kalden for 250 CHF (about US\$260.)

For more information about the spa programs at the Six Senses Spa at The Alpina Gstaad, please visit [The Alpina Gstaad](#).

The Alpina Gstaad



THE ALPINA
GSTAAD

The Alpina Gstaad is set on five acres in Oberbort, the exclusive hilltop area of the village, which is in Saanenland in the heart of the Bernese Alps. Part of a CHF300 million-luxury development which includes private chalets and apartments, The Alpina Gstaad is a contemporary interpretation of traditional Swiss architecture incorporating local materials and authentic Alpine style. The luxury hotel has three restaurants: Restaurant Sommet, a Michelin-starred restaurant serving contemporary cuisine; MEGU, a Japanese restaurant and a traditional Swiss stübli. There is a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom and several boardrooms. The 55 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet.

The Alpina Gstaad is a member of Virtuoso and is part of the Legend Collection of Preferred Hotels and Resorts. This month, The Alpina Gstaad was voted one of the "World's Top 100 Hotels" by the readers of *Travel+Leisure*. In January 2016, the hotel was named to *Conde Nast Traveler's* Gold List. It has made *Conde Nast Traveler's* "Hot List," *Travel+Leisure's* "It List" and *The Robb Report's* "Best of the Best" for 2013. *Schweizer SonntagsZeitung* (the Swiss Sunday Newspaper) named The Alpina Gstaad one of the "Top Ten" best holiday hotels in Switzerland and *Handelszeitung* (a Swiss German newspaper) anointed it, "Best hotel in the Ski-Spa" category. Gault Millau Swiss named The Alpina Gstaad "Hotel of the Year 2013." The hotel was a finalist in Virtuoso's "Best of the Best" awards for excellence in design and in November 2013 won European Design Hotel of the Year from the European Hotel Design Awards. Restaurant Sommet received its first Michelin star in November 2013.