



TIBETAN YOGA RETURNS TO THE ALPINA GSTAAD

Luxury Swiss Alpine Resort Offers Tibetan Healing & Yogic Sleep Retreats

GSTAAD, Switzerland, January 11, 2017 – Back by popular demand, Gstaad's newest luxury hotel will offer two [Tibetan Weeks](#) in 2017, March 13 to 19 and August 20 to 27. Guests at [The Alpina Gstaad](#) will find they can achieve more mental clarity and balanced emotions and enjoy invigorated energy. Tibetan monk, scholar and teacher, Lharampa Tenzin Kalden will hold hour-long Tibetan yoga classes each day from March 13 to 16 and again from August 20 to 23.

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 improve, leading to a deep harmony of body, mind and spirit.

In addition to the Tibetan yoga sessions with the monk, the three-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. Six Senses Spa Head Therapist Antonis Sarris begins each retreat with a personal 60-minute consultation and includes a session with Tibetan singing bowls and a Ku nye massage using salt packs, cups or stones and meditation. The three-night program starts at CHF3500 (about US\$3,440) per person, single occupancy.

The award-winning luxury property has definitely brought a distinctive modern vibe to this traditional Swiss Alpine village and continues to feature innovative wellness programs for its discerning guests. Ideal for yogis of all levels, the [Yogic Sleep Retreat](#) aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses and *pranayama* (breath regulation). A powerful



ancient relaxation practice, yoga nidra uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep, engendering a deep sense of well-being. The three-night retreat starts at CHF3350 (about US\$3,295) and includes a selection of relaxing and energy balancing treatments and massages to ensure a more restful night's sleep. The program can be extended to 14 days.

All retreats and programs include single accommodations in a Deluxe Room Schönried, full daily breakfast, a culinary credit of CHF100, all taxes and VAT plus all activities, instruction and spa treatments as outlined above.

For more information about winter programs at The Alpina Gstaad, please visit [The Alpina Gstaad](http://TheAlpinaGstaad.com), email info@thealpinagstaad.ch or call 011-41-33-888-9888.

The Alpina Gstaad's 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. He teaches Buddhist philosophy, psychology and meditation in Zurich.

Named one of the world's best therapists by Spa Finder, Antonis Sarris has been with Six Senses Spas for 12 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

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 Michelin-starred 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 56 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. In July 2016, 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



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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.