



SIX SENSES SPA
GSTAAD

Tibetan Week

January 18 - 24, 2021

Tibetan healing encompasses all areas of life. It believes in the wholeness and interdependence of the body, mind and nature, and that the five elements: earth, fire, water, air, and space are the common and fundamental principles shared in life. These treatments promote optimal balance.

Tibetan Monk and Meditation Master Lharampa Tenzin Kalden

Visiting January 19 - 22

Born in Lhasa, Tibet, with 17 years at the Sera Monastic university, in South India, he gained the title Rabjampa and reached the highest level of Gelug tradition- the Lharampa.

Lu Jong Tibetan Yoga

Private 60min CHF 250

Group Class 60min CHF 150 per person

Tibetan Healing Meditation for Inner Harmony

Private 60min CHF 250

Group Class 60min CHF 150 per person

Mind & Life Coaching

Private 60min CHF 250

Group Class 60min CHF 150 per person

Tibetan Healing with 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.

Tibetan Consultation

60min CHF 110

Tibetan Singing Bowls

60min CHF 230

Tibetan Ku Nye Massage

75min CHF 260



THE ALPINA
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