



The Alpina Gstaad Launches Dedicated Mindful and Wellness Retreats



24 April 2014 – The award winning [Six Senses Spa](#) at [The Alpina Gstaad](#) reopens for the summer season on 6 June with new specialist personal development retreats from experts in varying areas of treatment. Programmes include mindful leadership and five-element retreats, as well as sessions using the Sophrology method – all available until 25 September.

Mindful Leadership Retreat with Christian Kurmman

This six-day mountain retreat cultivates mindful leadership and deepens exploration meditation and the hallmarks of leadership excellence. Those who understand their reactions to stress and crises and the impact they have on others make much better leaders. This retreat has been designed for executives and managers at all levels by former executive, Christian Kurmann, who learnt ancient meditation techniques at a Buddhist mountain monastery and a remote mountain refuge in Ladakh. The retreat aims to incorporate these practices into daily life to restore inner balance in order to make a positive impact on working life. Rates start from CHF 5,200 (Approx. £3,528) based on single occupancy in a Deluxe Room.

Sophrology with Christian Turkier

Sophrology is a structured method designed to produce optimal health and well-being. It consists of a series of easy-to-do physical and mental exercises that, when practiced regularly, lead to a healthy, relaxed body and a calm, alert mind. Passionate about personal development, Christian Turkier's Centre for Sophrology Créaction offers mental coaching programmes for individuals and groups as well as top-ranking athletes. Relaxation, Life Coaching and tailored sessions focusing on the likes of insomnia, allergies and headaches are from CHF200 (Approx. £136) per session.

Five Elements Retreat with Antonis Sarris

This three-day retreat offers mind and body transformation, wholeness and healing through practices steeped in ancient traditions. The programme allows guests to delve deeper into their inner self, through gentle movement, breathing exercises, guided meditation and treatments focusing on the five-element theory. The aim of the retreat is to develop an understanding of the elemental role of the body and nature, bringing awareness to the "here and now" and to



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reconnect with the surroundings. Antonis Sarris has been a holistic therapist since the mid-1990s and was named 'Best Masseur in the World' by Spa Finder in 2008. From CHF 2,940 (Approx. £1,995) based on single occupancy in a Deluxe Room.

Summer Yoga Retreat with Julien Balmer (24 – 28 June 2014)

This June, experience a five-day yoga retreat of traditional Hatha and Kundalini yoga with leading yogi Julien Balmer. This variety of yoga differs from many of the dynamic, aerobic-like modern forms of 'yoga' in that it works on the circulation of energy in the body, the awareness of energies and the chakras, and the ability to feel, move and control energy within oneself. Swiss-born Julien is a full-time yogi who has almost a decade of experience in yoga, the healing arts and consciousness studies. Group size is limited to twelve participants. From CHF 3,190 (Approx. £2,164) based on single occupancy in a Deluxe Room on a full board basis.

For more information on these retreats please visit www.thealpinagstaad.ch

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Notes to Editors

About The Alpina Gstaad

The Alpina Gstaad opened on 2 December 2012, the first newly built five star hotel in Gstaad in 100 years. Located in an exclusive hill top area in Oberbort, includes a hotel, fourteen private apartments and two private chalets. The Alpina Gstaad hotel offers fifty six rooms and suites with magnificent views of the Bernese Alps and the Saanenland, and will establish a new level of distinction offering a modern yet distinctive Swiss alpine guest experience which is warm, authentic, discerning and beyond the expected. The Alpina Gstaad has been awarded a Five Star Superior Hotel rating by Hotellerie Suisse and is a member of the Preferred Hotel Group and Virtuoso's Preview programme.

About Six Senses Resorts & Spa

Six Senses Resorts & Spas has earned a global following, providing award-winning guest experiences in some of the world's most beautiful locations. With properties under management in Asia, the Middle East, the Americas and Europe, the name Six Senses is synonymous with a unique style of luxury – authentic, relaxed and in tune with the surrounding environment. Each spa has been designed to reflect the ability to adapt seamlessly to host cultures in surroundings which evoke relaxation and rejuvenation. Six Senses Spas offer a wide range of holistic ace and body therapies and beauty treatments administered under the guidance of expert therapists. Spa products are made only from natural ingredients in harmony with the environment. Six Senses manages ten resorts and twenty eight spas in twenty countries around the world, with another fifteen under construction or development, including China and Vietnam. For a full list of Six Senses Spas, please visit <http://www.sixsenses.com/six-senses-spas/>

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