

YOGA RETREAT

AT THE SPA NESSENS
LA RÉSERVE GENÈVE

Weekends in touch with yourself... and Jeff Grant



Physical fitness, nutrition, emotional management, optimization of energy capital... Seeking inner equilibrium is a universal quest with multiple dimensions. Leveraging its better-aging expertise, the Spa Nescens at La Réserve Genève incorporates this wellness dimension to ensure that each and every individual finds true fulfilment. Yoga Retreat weekends with Jeff Grant thus offer a rare opportunity to refocus on yourself and your true objectives, in an exceptional setting.

la réserve
HOTEL, SPA AND VILLA
GENÈVE



JEFF GRANT, A COACH WITH AN INTERNATIONAL REPUTATION

An internationally reputed yoga teacher, sports and mental coach, Jeff Grant is committed to helping every individual liberate their potential to the full, while achieving their goals through mental and physical strength, and overcoming times of stress, overload or inactivity. Jeff Grant has been fully focused on the world of yoga and endurance sports since the 1990s.

As a keen sportsman trained to exceed his physical and mental limits, no endurance challenge frightens Jeff Grant, be it the Mont Blanc Ultra Trail, the Sahara Marathon, the Hawaii Ironman, nor even the ultimate challenge – the Sealfit Kokoro Camp... CrossFit specialist, extreme coach and talented musician, Jeff Grant has comprehensive experience in the different types of yoga with more than 600 hours of practice. But perhaps the most remarkable thing is his incredible positive energy. A model of successful personal development, Jeff Grant has the art of transmitting good vibes around him and sharing the secrets of his exemplary equilibrium. Taking advantage of this highly recommended speaker's sessions at the Spa Nescens, La Réserve Genève is both a wonderful opportunity and a promise of rebirth.

YOGA RETREAT WEEKENDS

Reserved for a few privileged individuals

With a small number of participants, the Yoga Retreat at the Spa Nescens prioritizes quality exchanges and optimal personalization. In the sophisticated setting of La Réserve Genève - Hotel, Spa and Villa, well-being and serenity take pride of place, giving you the space to discover your deepest desires in ideal conditions.

YOGA RETREAT RELAX – RELEASE – RECEIVE - RETREAT

Friday

From 7pm to 8.30pm Yin yoga
accompanied by singing crystal bowls
8.30pm Dinner at Café Lauren

Saturday

From 7am Health breakfast at Café Lauren
From 9.30am to 11.30am Vinyasa Yoga - Meditation - Pranayama
From 12 noon to 2pm Lunch at Café Lauren and relaxation break
From 2 pm to 5.15pm Mini-workshops
2pm to 3.15pm Standing posture alignment
4pm to 5.15pm Seated posture alignment
From 6.30pm to 8pm Evening yoga – Meditation by candlelight
8pm Dinner at Café Lauren

Sunday

From 7am Health breakfast at Café Lauren
From 9.30am to 11.30am Vinyasa Yoga - Meditation - Pranayama
From 12 noon to 1.30pm Lunch at Café Lauren and relaxation break
From 1.30pm to 4pm 45-minute mini-workshops
Breathing technique and visual meditation exercises
Introduction to balancing poses
Introduction to inversion poses
From 4.30pm to 6pm Yin yoga accompanied by crystal singing bowls

*Open to all – Limited to 8 attendees – CHF 900 excluding accommodation
CHF 1,700 including 2 nights in a Superior Room*

LA RÉSERVE GENÈVE - HOTEL, SPA AND VILLA
Route de Lausanne 301 - 1293 Bellevue- Geneva - Switzerland - www.lareserve-geneve.com

SPA NESSENS
Fitness daily from 6am to 10pm - Treatments 8am to 9pm
Reservations Yoga Retreat +41 22 959 59 99 - info-geneve@spanescens.com

CAFÉ LAUREN
Daily – breakfast from 7am to 11am – lunch from 12 noon to 3pm - bar from 7am to 7pm

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MICHEL REYBIER HOSPITALITY