



# ASHTANGA YOGA & HIKING IN THE SWISS ALPS



**SEPT 13-21, 2019**  
**WITH CHRISTINE HOAR • ASHTANGA MONTAUK**

## OUR RETREAT INCLUDES:

- **9 DAYS / 8 NIGHTS ACCOMMODATIONS**

double or single rooms, with private or shared bath

- **7 MORNING ASANA CLASSES / 4 AFTERNOON SESSIONS**

Meditation and pranayama, followed by traditional Mysore class in the morning. Restorative yoga and dharma talks in the afternoon.

- **DAILY VEGETARIAN BRUNCH & DINNER**

except Sat, Sept 14, dinner not included

- **TRAIN RIDE /CABLE CAR**

from Zürich to Feldis, and Feldis to Pontresina included

## • PRICING

Budget single room: **\$1950** / Standard single room: **\$2150** / Superior single room: **\$2500**

Standard double room: **\$1950** / Superior double room: **\$2100**

## • REGISTRATION

Pay in full by May 1, 2019 and save \$100! Please fill out our registration form and send a non-refundable deposit of \$600 to secure your spot. Final balance due July 15, 2019.

**christine.hoar@gmail.com • www.ashtangamontauk.com**

## • ARRIVAL

Fly to Zurich, Switzerland, and take the train, taxi or Uber to the city center. Check-in at our hotel is at 3 pm, but you can leave your luggage in the lobby and explore the city. We will gather for an orientation and group dinner at a nearby restaurant at 6 pm.

A  
M  
ASHTANGA MONTAUK



# RETREAT PROGRAM

Our retreat will take you to unforgettable Switzerland and some of the most magical spots in Zürich and the Swiss Alps. We will venture out to the state of **GRAUBÜNDEN**, known for its wild, unspoiled nature and majestic alpine world. These places mean so much to us, and we are very excited to share the beauty with you!

Our retreat starts in **ZÜRICH** on **FRI, SEPT 13**, where we will spend 2 nights at the lovely **LADYs FIRST HOTEL**. Check-in is at 3 pm. You can leave your luggage at the hotel if you arrive early, and go for a walk along the lake, or simply relax in the hotel's wellness spa and roof top terrace. We will gather at 6 pm for a welcome orientation in the hotel lobby and a 7 pm dinner at a nearby restaurant.

**SAT, SEPT 14:** We begin with a short morning walk, and will practice at a nearby Yoga Studio from 7-9 am. After a nice breakfast back at the hotel, you will have a full day to explore **ZÜRICH** on your own, visit the old historic town, it's modern museums, lakeside attractions, and Saturday vegetable market. Dinner is not included that day. We will be happy to map out the perfect day for you in the city!

**SUN, SEPT 15:** We practice again from 7-9 am, have breakfast, and then pack our luggage and leave the city for the alps. A 2 hour train ride and a 15 min aerial cableway up the mountain will bring us to the charming village of **FELDIS**. The small mountain village is located on a sunny terrace (4500 ft.) at the heart of Graubünden—an oasis of tranquility set amid a majestic high Alpine backdrop. The beautiful and environmentally-conscious **BERGHOTEL STERNA** will be our home for the next four days. After check-in we can go for a little hike around the village, and then gather for an afternoon yoga session and later for a delicious meal!

**MON, SEPT 16–WED SEPT 18:** Start the day with meditation, chanting, and Mysore yoga, followed by a generous brunch. We can then hike around **FELDIS** if weather permitted or visit nearby **CHUR**, the oldest town in Switzerland with it's beautiful historic town center, cathedral and art museum, hike the famous ski area **LAAX/FLIMS**, discover **CAUMASEE**, or just relax on a grassy knoll with a book and listen to the cow bells!

**THURS, SEPT 19:** After our morning yoga session and breakfast, we pack and leave for the **ENGADIN VALLEY** by train. This train ride is one of the most spectacular in Switzerland and part of the classic **ALBULA-ROUTE**. In Pontresina, we will leave our luggage at **HOTEL STEINBOCK**, and then hike approx. 3.5 hours through the breath-taking **VAL DI ROSEG** to the amazing mountain hut **CHAMANNA COAZ** where we will spend the night. This hut is part of the traditional Swiss alpine hut system (**SAC**), located just next to the **ROSEG GLACIER**.

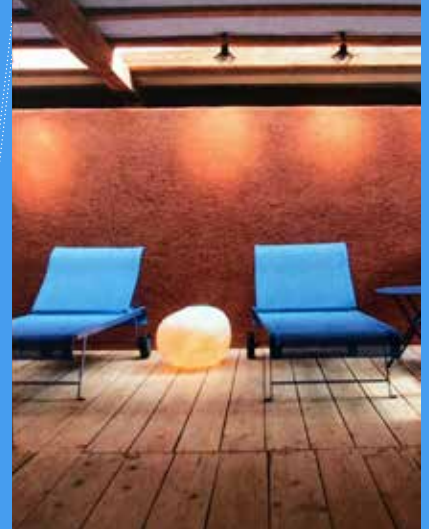
**FRI, SEPT 20:** After a morning meditation at the Chamanna Coaz at 8562 feet, we will have breakfast and then start our hike back to **PONTRESINA** over the Fuorcla Surlej down to St. Moritz Bad and back to **HOTEL STEINBOCK**. We can unwind at their spa and pool area and then enjoy our last group dinner together.

**SAT, SEPT 21:** We will have morning yoga and breakfast at the hotel and then part ways! Check-out is at 11 am. Some of you might want to stay in the **ENGADIN VALLEY** for a few more days of hiking and exploring or travel by bus or train to Italy, or take the train back to Zürich to catch a flight. We will be happy to give you some suggestions for your onwards travels.



# Accommodations in Zürich, Feldis, Val di Roseg, and Pontresina

## ZÜRICH (LADYs FIRST HOTEL)



# FELDIS (BERGHOTEL STERNA)



# VAL DI ROSEG (CHAMANNA COAZ)



# PONTRESINA (HOTEL STEINBOCK)



## GETTING THERE

Fly to Zürich and take a taxi or the train directly from the airport to the city train station. See [HERE](#). The hotel is only a 10 minute tram ride from Zürich main station on Tram #4. You can purchase a city day pass for all tramlines at the airport, valid 24 hours, for approx. 12 Swiss Francs. Trains depart every 10 minutes to Zürich main station.

**CHECK-IN AT [LADYs FIRST HOTEL](#): Friday, Sept 13, 2019 after 3pm.** Mainaustrasse 24, 8008 Zürich, Phone: +41 44 380 80 10  
**WELCOME ORIENTATION & DINNER at 6pm.**

[WWW.MYSWITZERLAND.COM](http://WWW.MYSWITZERLAND.COM) is a great website to learn more about Switzerland as a travel destination.



## WHAT TO BRING

Pack lightly! Less is always more. Switzerland is still pretty warm in September. Bring some warm clothes for colder days and the evenings, but also pack your swimsuits for a dip in a lake and the spa/saunas. We suggest you bring suitable footwear for hiking and a small backpack for the overnight hike to Val di Roseg. Also recommended are hiking poles, a flashlight, water bottle, hiking pants, a thin down jacket, rain jacket, swiss army knife, first aid kit, snacks.

## WEATHER

September in Switzerland is usually warm, with an average daytime temperature of 70-75 F, and an average nighttime temperature of 55-60 F.

## CURRENCY & EXPENSES

The currency is Swiss Francs. Exchange rates can be found [HERE](#). Hotel gratuity is included in your retreat fee, but for exceptional service, you can certainly tip more. Extra activities/transportation costs can be paid in cash or credit card. There is an ATM machine in Feldis.

## PASSPORT

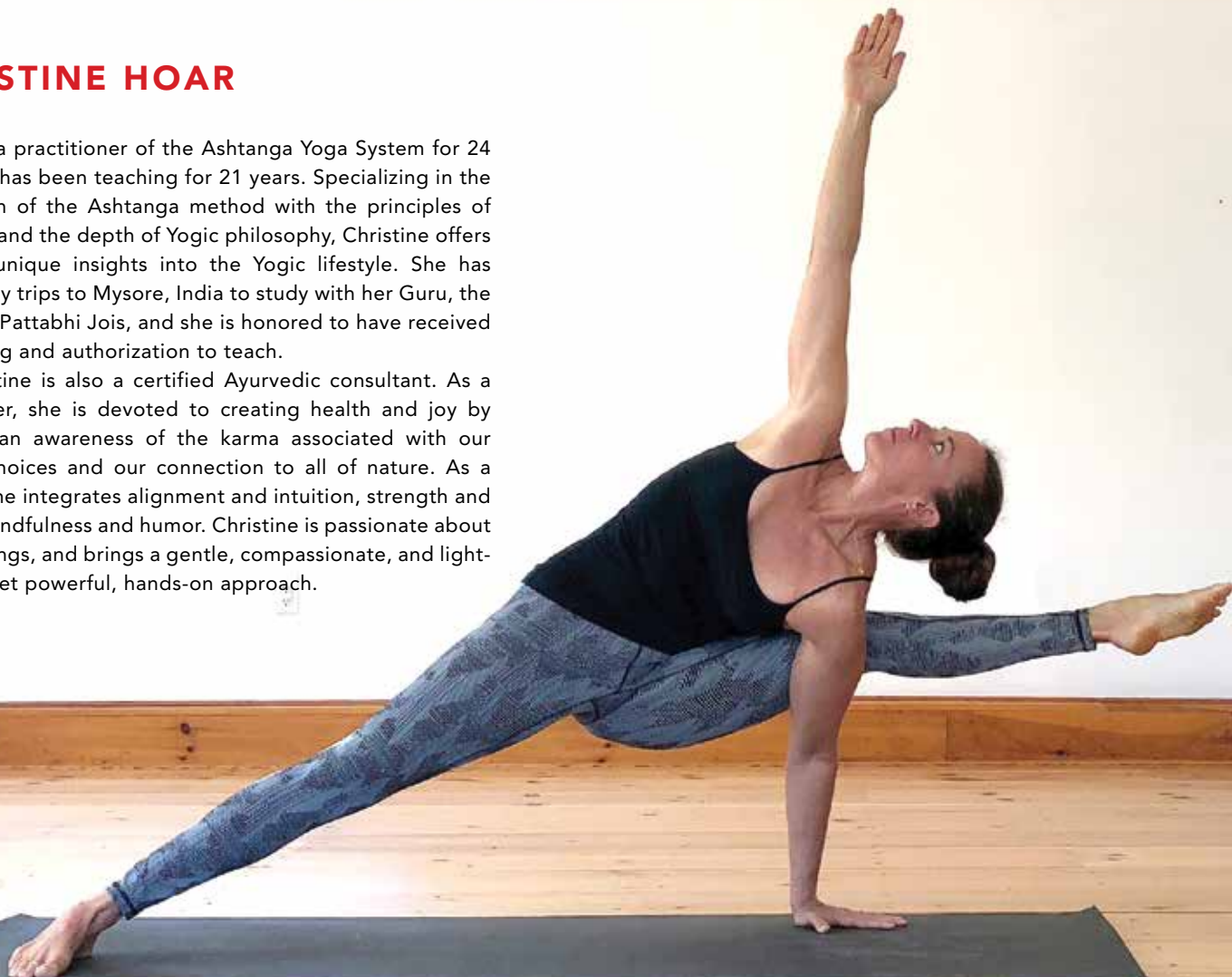
U.S. citizens may enter Switzerland for up to 90 days for tourist or business purposes without a visa within any 180-day period. Your passport should be valid for at least six months beyond the period of stay.



## CHRISTINE HOAR

has been a practitioner of the Ashtanga Yoga System for 24 years and has been teaching for 21 years. Specializing in the integration of the Ashtanga method with the principles of Ayurveda and the depth of Yogic philosophy, Christine offers students unique insights into the Yogic lifestyle. She has made many trips to Mysore, India to study with her Guru, the late Sri K. Pattabhi Jois, and she is honored to have received his blessing and authorization to teach.

Christine is also a certified Ayurvedic consultant. As a practitioner, she is devoted to creating health and joy by fostering an awareness of the karma associated with our lifestyle choices and our connection to all of nature. As a teacher, she integrates alignment and intuition, strength and fluidity, mindfulness and humor. Christine is passionate about the teachings, and brings a gentle, compassionate, and light-hearted, yet powerful, hands-on approach.



**To book your retreat spot, contact Christine:**

**[christine.hoar@gmail.com](mailto:christine.hoar@gmail.com)**

**t: 802.238.3735**

**[www.ashtangamontauk.com](http://www.ashtangamontauk.com)**



## CANCELLATION POLICY

If you need to cancel your reservation more than 60 days before the scheduled retreat date, you will forfeit your deposit, unless we are able to fill your spot with another participant. Cancellations made 60-30 days prior to the retreat date are subject to a cancellation fee in the amount of the full deposit. We regret that any cancellations within 30 days or less are subject to a cancellation fee in the amount of 100% of the retreat cost. Fees are completely non-refundable and non-transferable. Exceptions to our policy cannot be made for any reason. We do not offer credit for arriving late or leaving early. We are NOT responsible for your expenses incurred in preparation for any canceled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. There is no exception to cancellation policy including weather or personal emergencies, flight cancellations or delays. We recommend purchasing Travel Protection Insurance through a qualified agent. If we must cancel a retreat, there will be 100% refund on all funds received to date. Thank you for understanding and respecting the cancellation policy.

# SWITZERLAND YOGA RETREAT 2019

with Christine Hoar

September 13–21, 2019

REGISTRATION FORM (separate form required for each traveler)

Name.....  
Expiration date of passport.....  
Date of birth..... Gender: M..... F..... X.....  
Email.....  
Phone: home..... mobile .....

Address.....

City..... State..... Country..... Zip.....

Occupancy desired\*:

.....Budget single room: **\$1950**

.....Standard single room: **\$2150**

.....Superior single room: **\$2500**

.....Standard double room: **\$1950**

.....Superior double room: **\$2100**

\*First come, first-served

Roommate request: Name .....

Traveling in a group, please name your friends .....

Traveling solo, please select a roommate for me .....

Dietary restrictions: vegetarian..... vegan..... allergy..... other.....

**\$600 non-refundable deposit due with registration form.**

Early Bird: Deduct \$100 if registration and complete payment is received by May 1, 2019. Balance due July 15, 2019.

Signed..... Date.....

Make checks payable to Ashtanga Montauk and mail to: Christine Hoar, PO Box 872, Montauk, NY 11954

We look forward to sharing this experience with you!

christine.hoar@gmail.com

t: 802.238.3735

www.ashtangamontauk.com