

## Retreat in the Forest

Join us for a 3-day yoga retreat at the breathtaking Lej da Staz in St. Moritz. Immerse yourself in the beauty of nature, deepen your Yoga practice, and enjoy mindful outdoor adventures in one of the most magical spots in the Swiss Alps.

This is more than a retreat — it's an unforgettable experience designed to nourish your body, mind, and soul. Come and be part of something truly special with Yoga Loft Engadin & Hotel Laudinella.

### Day 1: Arrival & Grounding

17:00 – Welcome at Hotel Laudinella  
17:30 – 18:30 | Opening Meditation & Breathwork  
19:00 | Dinner at Restaurant in Hotel Laudinella

### Day 2: Exploration & Presence

07:00 – 08:30 | Morning Yoga (Hatha Vinyasa)  
08:45 – 10:00 | Breakfast  
10:00 – 11:00 | Free Time  
11:00 – 16:00 | Guided E-Bike Tour through the Engadin Valley  
16:00 – 17:00 | Free Time  
17:00 – 18:30 | Yin Yoga, Reiki & Sound Healing  
19:00 | Dinner at Restaurant in Hotel Laudinella

### Day 3: Connection & Reflection

07:00 – 08:30 | Morning Yoga (Hatha Vinyasa)  
08:45 – 10:00 | Breakfast  
10:00 – 11:00 | Free Time  
11:00 – 15:00 | Guided Hike & Outdoor Mindfulness Session  
15:00 – 16:00 | Free Time  
16:00 | Closing Ceremony & Gratitude Circle  
16:30 | Check-out at Hotel Laudinella

