

# RECONNECTING WITH YOURSELF & NATURE

## AWARENESS WEEKEND IN LOUVIE

From Fionnay, the climb begins with only the sound of footsteps and breathing towards the Louvie plateau with its lake, hut and panorama where the Grand Combin sits majestically. Once you've slipped off your shoes, soak up the peacefulness of the place under the good care of Claudia, the hut's caretaker, before a sunset yoga session with Amélie at the end of the day. The next morning begins with chakra opening at dawn at the top of the Grand Combin. A few hours of walking among the ibex follow, before reaching the Mont-Fort hut where Daniel, who has been the hut's caretaker for 40 years, welcomes the day's pilgrims for lunch.

**Day 1:** 2-hr walk + Yoga  
**Day 2:** Yoga + 4.5-hr walk

**Dates:** 12–13 July, 26–27 July and 28–29 July

**Price:** CHF 190 for 2 days all inclusive (Maximum 8 people)

[www.louvie.ch](http://www.louvie.ch)



## VITALITY STAY AT THE CHALET D'ADRIEN

Relax in the mountains with this two-day (one-night) «Vitality» treatment in the 5-star comfort of the Chalet d'Adrien and recuperate with a pleasant hike in the heart of nature. As well as an overnight stay in a room with a balcony and view of the mountains, you'll receive a 50-minute Nuxe Détente Rêve de Miel massage for two, access to the Nuxe spa, a gentle hike and a «lightness of taste» dinner prepared by Chef Sebastiano Lombardi.

**Rates:** Two people CHF 720 in a double room

[www.chalet-adrien.ch](http://www.chalet-adrien.ch)



## AMBASSADORS' CORNER: E-BIKE YOGA WITH EMILIEN BADOUX

Professional snowboarder, world freeride champion and yoga teacher, Emilien Badoux has come up with the ultimate activity to combine discovering the region and getting back to basics. Starting from the Place Blanche in Verbier, the tour takes the beautiful Route du Soleil leading to the pretty village of Sarreyer, nestled on a sunny hillside in the Haut Val de Bagnes. With battery assistance, cycle up the road to the Mayens de Sarreyer. On arrival at La Chaux, your efforts are rewarded - the panorama is breathtaking. In these beautiful surroundings, Emilien guides a yoga session, before you jump back into the saddle to rejoin the winding roads of La Chaux, where he follows up with a short meditation session. Relaxed and calm, it's time for a picnic with the rest of your group. Energised by this sociable experience, head back to Verbier, where the adventure comes to an end.

**Dates:** Every Thursday from 24 June to 26 August, from 1–6 pm

**Prices:** Free for VIP Pass holders / or Adult / Child: CHF 60

[www.verbier.ch/summer/inside/inspiration/e-bike-yoga-with-emilien-badoux-summer](http://www.verbier.ch/summer/inside/inspiration/e-bike-yoga-with-emilien-badoux-summer)



## SUN SALUTATION AT 3,330 M

Starting with a dawn wake-up call, head to the 3,300m summit of Mont Fort for a quiet spot of contemplation. The sky changes so many vibrant colours before the first rays of sunshine appear slowly revealing the silhouettes of the surrounding mountains: the Matterhorn, Grand Combin, Mont Blanc. To fully appreciate this spectacle, join the outdoor yoga class at altitude. This magical moment runs every Thursday and some Saturdays in summer. Breakfast at the Gentianes Igloo is included in the package. The pass is then valid for all facilities throughout the day.

**Dates:** Every Saturday from 10 July to 21 August, Thursdays 22 July, 5 and 12 August, from 4.30 am to 8 am

**Prices:** Sunrise (all day cable car access) + continental breakfast + yoga = CHF 89 adult - CHF 79 youth/ senior - CHF 59 child

[www.easyverbier.com/en/lever-soleil-ete](http://www.easyverbier.com/en/lever-soleil-ete)

## SUNDOWN RELAXATION

Every Monday from 7 to 8 pm, the Verbier - Val de Bagnes Tourist Office invites you to an outdoor relaxation session. After a few stretching and breathing exercises on mats in the centre of the village, you will be guided in a deep relaxation for body and mind. A perfect way to end the day and start the week.

**Dates:** Every Monday from 28 June to 13 September, from 7pm-8pm

**Prices:** Free activity for VIP Pass holders / or Adult (from 16 years old): CHF 20

[www.verbier.ch/summer/offers/relaxation-aux-dernieres-lueurs-du-jour-verbier-station-en-summer-3141006](http://www.verbier.ch/summer/offers/relaxation-aux-dernieres-lueurs-du-jour-verbier-station-en-summer-3141006)

## THE ENERGY OF NATURE

Spend the day connecting with the healing energies of nature in the region of the Col du Lein, on the hills of Levron. For our ancestors, trees were blessed with beneficial powers, where the spirits of the forest dwelt. They favoured harvests, the fertility of women, they brought rain and sunshine and were in contact with the gods. The cup stones of the Lein Pass remain a mystery, but the energy they give off is very real. The programme includes meditation, exercise, inner journey work, sharing, re-searching energy, relaxation, laughter and good humour.

**Dates:** Sundays 11 July, 8 and 15 August, from 9 am–4 pm

Cancelled in case of bad weather

For 16 years old & above



## «BELLA BOTANICA» THEMED WALK

Every Tuesday, meet in Bruson to discover the greatest secrets of small plants during a botanical walk. Some have unusual flavours, others have healing properties, some are rare, but all deserve to be admired and protected. The walk lasts about 2 1/2 hours, level of difficulty: easy.

**Dates:** Every Tuesday from 20 July to 10 August, from 9 am–12.30 pm

**Prices:** Free for VIP Pass holders / or Adult / Child: CHF 25.

## 100% NATURAL COSMETICS WORKSHOP

Valérie Henriot knows all the plants of her mountains by heart. Passionate and captivating, she shares her knowledge in the space of an afternoon during a cosmetic workshop. As a herbalist for the day, you get to wander around the area near the Maison de la Forêt in La Tzoumaz gathering the precious flowers that make up the ingredients to then create homemade lipsticks and deodorant, and 100% natural balm to fight against cold!

Min. 5 people Max. 10 people

**Prices:** VIP Pass holders: - 50% reduction (Adult: CHF 25 / Child: CHF 12) / or Adult: CHF 50/ Child (6-15 years): CHF 25 / Free for children under 6 years old

[www.verbier.ch/summer/offers/balade-et-fabrication-de-cosmetique-sauvage-la-tzoumaz-en-summer-3095900/](http://www.verbier.ch/summer/offers/balade-et-fabrication-de-cosmetique-sauvage-la-tzoumaz-en-summer-3095900/)

