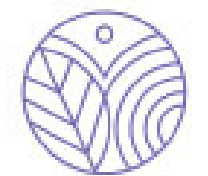




RETREATS FOR MOMS

REDISCOVER YOURSELF

STOOS 14-16.06.2024



BREATHE
mama
Switzerland Ambassador



*Imagine a retreat
where every
moment is about
nurturing yourself,
where you can
truly disconnect
from daily
stresses and
reconnect with
what brings you
joy and vitality.*



Imagine having a morning all to yourself, where you can savor your coffee and indulge in a delicious breakfast while soaking in the serene views of the Swiss Alps.

Now let yourself engage in slow and easy yoga sessions that not only rejuvenate your body but also empower your spirit, setting a peaceful tone for the day.



You'll have all the time you need to unwind in the spa or float peacefully in the pool without a single interruption—just pure, blissful 'me time'. Plus, there are so many beautiful trails to explore around Stoos, perfect for clearing your mind and reconnecting with nature. It's the perfect chance to step away from the chaos and really focus on yourself.

Secure your spot today and take the first step towards reclaiming your identity beyond motherhood.

Why do you need it

I get it – in the hustle and bustle of everyday life, finding just five minutes for yourself can feel like an impossible feat.

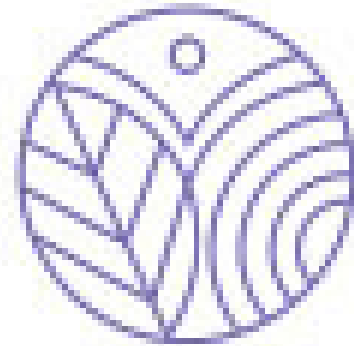
As women, especially mothers, we care about everyone else more than ourselves.

Which is why we need and deserve rest. Why? Because your child, your loved ones and the world need a happy woman.

You will come back with a new perspective, you will strengthen your body and reawaken your true dreams, and after your return you will feel full of power and new ideas.



The Retreat



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Location

Stoos is a perfect retreat for those looking to escape the hustle and bustle of city life and immerse themselves in tranquility.

Stoos is a peaceful mountain village nestled in the heart of Switzerland, accessible only by funicular or cable car, which adds to its secluded charm. This car-free zone stands out for its breathtaking panoramic views of the surrounding peaks and unspoiled natural beauty. Despite its peaceful seclusion, Stoos offers a variety of outdoor activities, making it a year-round destination for nature lovers and adventure seekers alike.

Accommodation

The Wellness Hotel Stoos is renowned for its exceptional service and first-class facilities, set against the backdrop of the magnificent Swiss Alps. This luxury hotel focuses on wellness and rejuvenation, featuring a comprehensive spa with a wide range of treatments, a modern fitness center, and a therapeutic swimming pool area. The hotel's commitment to wellness extends to its cuisine, with menus crafted from fresh, local ingredients designed to nourish and energize guests. Accommodations at the Wellness Hotel Stoos are designed with comfort and tranquility in mind, providing a serene, private space for guests to unwind.



Our itinerary.

14th June, Friday Night

The retreat begins with a delightful dinner where guests can unwind and connect with one another, setting the stage for a weekend of deep personal exploration and relaxation.

16:00–17:30 Arrival to Stoos*

17:30 Welcoming circle

18:00 Dinner

20:00 Evening chill out

Let us dive into chats and/or world of our own thought, without disturbance, by (non)alcoholic drinks, games and all the activities that you don't have time to do at home

*Stoos is a car-free zone. You can reach it using cable car from Morschach or Schwyz/Schlattli–Stoos funicular. **This is not included in the price of retreat.**

Reaching it by car

At Morschach–Stoos valley station you can park for free. Just get your parking ticket validated at your check-out at hotel's reception.

At the valley station of the Schwyz/Schlattli–Stoos funicular you can find parking spaces by the ticket machine. There you need to pay for the parking by yourself at the valley station.

Costs of cable car/funicular (prices can change before arrival):

Free with general abo (Generalabonnement)

11.40 CHF per person for Halbtax owners

16.40 CHF per person for hotel's guests

We will register you with the Morschach aerial cableway and the Schwyz funicular with your name before arrival. You will receive your tickets at the ticket counter. The ride takes 7–8 minutes. Further information on the mountain railroads can be found on the Internet under the following link: <https://stoos-muotatal.ch/train/stoosbahnen/>

Our itinerary.

**15th June,
Saturday**

Time to find yourself on the yoga mat, stretching out those kinks and finding your zen. No pressure, no judgment – just you, your breath, and the stunning view stretching out before you.

8:00–9:00 Breakfast

11:00–12:30 Yoga Flow with Myofascial Self–Massage

These classes are dedicated for women who want to relax and ease tension in their backs and shoulders. We'll learn simple self-massage techniques to loosen tight muscles and knots. Plus, enjoy a gentle yoga routine to stretch and strengthen our body. It's all about feeling refreshed and renewed.

12:30–18:00 Freetime

After a delicious and nourishing breakfast, take some time for yourself. Whether you choose to read, explore the village, or simply relax, this time is yours to enjoy as you wish. You can also indulge in the extensive wellness facilities at the Wellness Hotel Stoos. Enjoy access to a luxurious spa, a soothing sauna, and a state-of-the-art swimming pool area.

18:00 Dinner

20:00 Chill out time

As the day winds down, we will gather to socialize, reflect, or enjoy the peaceful night with Swiss chocolate and favorite drinks, embracing rest and reflection.

Our itinerary.

16th June, Sunday

Conclude your retreat with a heartfelt farewell, feeling refreshed and revitalized

8:00–9:00 Breakfast

9:00–11:00 Freetime (check out from rooms)

11:00–12:00 Self-Care Yin Yoga

Sundays are for slowing down, taking a breath, and finding a moment of peace. Our Sunday morning Yin Yoga session is designed to help you recharge for the week ahead. Yin Yoga is perfect for all levels, focusing on deep breathing, body awareness, and enhancing the connection between body, breath, and mind. It's not just about the poses; it's about cultivating mindfulness and inner harmony.

12:30 Farewell

Departure from Stoos will leave you rejuvenated and ready to return to daily life with renewed energy and perspective.



Meet our Yoga Teacher

Hi, My name is Gosia Pikor, I'm a yoga teacher specialised in Hatha, Vinyasa, and Yin Yoga, with a focus on creating enjoyable movement experiences.

I like using myofascial massage balls in my classes to help relax and ease tension. For me, the combination of self massage and mindful movement practice represents a balance of opposing elements (Yin and Yang), is where the magic lies in nurturing a healthy and strong body.

I firmly believe in yoga's transformative potential, both on and off the mat.

Prices

Total price per person:

- *Early Bird (until 30.04) is 1 100 CHF*
- *Normal (until 31.05) 1 250 CHF*
- *Late Bird 1 390 CHF*

What's Included:

- *2 nights' accommodation in single rooms at the Wellness Hotel Stoos*
- *All meals included: two breakfasts and two 4-course dinners featuring local, wholesome cuisine*
- *Access to two morning yoga workshops*
- *Unlimited use of the spa, sauna, and swimming pool facilities*
- *All taxes and service charges*



Contact Information

For any questions or clarifications,
please reach out to me at:

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