



# ASHTANGA YOGA & HIKING IN THE SWISS ALPS



**AUGUST 12-20, 2023**  
**WITH CHRISTINE HOAR • ASHTANGA MONTAUK**

## OUR RETREAT INCLUDES:

- **9 DAYS / 8 NIGHTS ACCOMMODATIONS**

double or single rooms, with private or shared bath

- **6 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**

Lunch is not included.

- **TRAIN RIDE /CABLE CAR/BUSES**

you are only responsible for your own transport via train back to Zürich.

- **PRICING**

Standard single room: **\$3100** / Superior single room: **\$3400**

Standard double room: **\$2700** / Superior double room: **\$2900**

- **REGISTRATION**

Please fill out our registration form and send a non-refundable deposit of \$600 to secure your spot. Final balance due May 15, 2023.

**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 if you get there early. We will gather for an orientation and group dinner at 6 pm.

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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 **SAT, AUG 12**, where we will spend 1 night at the lovely **HOTEL ALMA**. 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 dinner together.

**SUN, AUG 13:** We practice from 7-9 am at a nearby studio, 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!

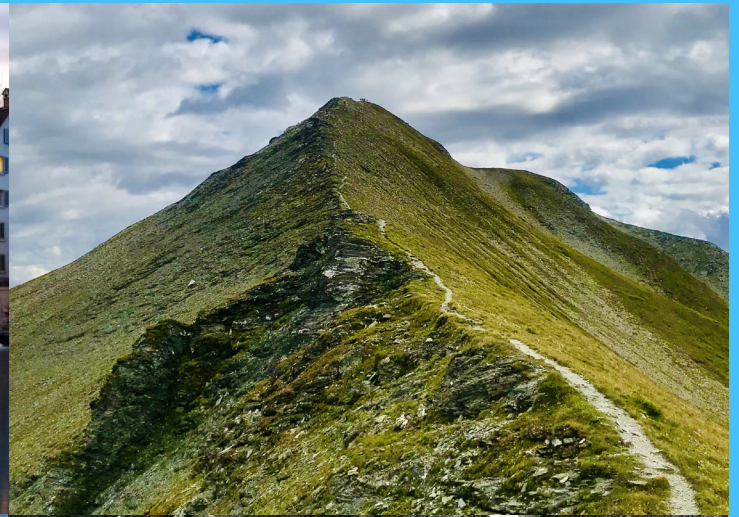
**MON, AUG 14–WED AUG 16:** Start the day with meditation, chanting, and Mysore yoga, followed by a generous brunch. We can then hike around **FELDIS**, visit **CHUR**, the oldest town in Switzerland with its beautiful historic town center, cathedral and art museum, hike the famous ski area **LAAX/FLIMS**, discover **CAUMASEE**, or just relax on a grassy knoll with a book and listen to the cow bells!

**THURS, AUG 17:** After our morning yoga session and breakfast, we pack and leave for the **UPPER ENGADIN VALLEY** by bus. In **MALOJA**, we will leave our luggage at the **HOTEL MALOJA KULM**, and then go for a hike in one of the nearby valleys overlooking the lake of Sils.

**FRI, AUG 18:** After a hearty breakfast, we will start our hike from **CASACCIA** to **SOGLIO** along the panoramic trail through **THE BERGELL VALLEY**. We can explore the beautiful village of **SOGLIO** upon arrival and have a coffee break before returning to **MALOJA** by bus.

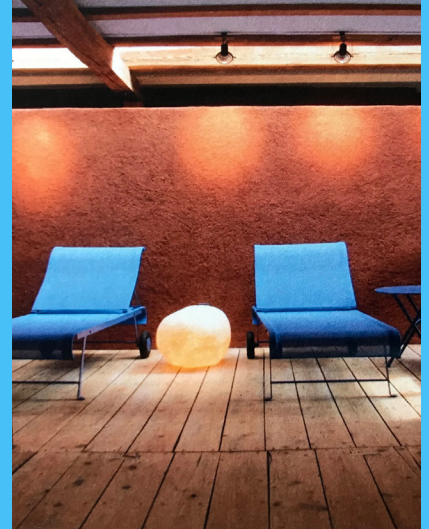
**SAT, AUG 19:** We will have morning yoga nearby and breakfast at the hotel and then go off on another day hike in the Upper Engadin. The evening will be our last group dinner at the **MALOJA KULM**.

**SUN, AUG 20:** We will have morning yoga nearby 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 take the bus/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, Maloja

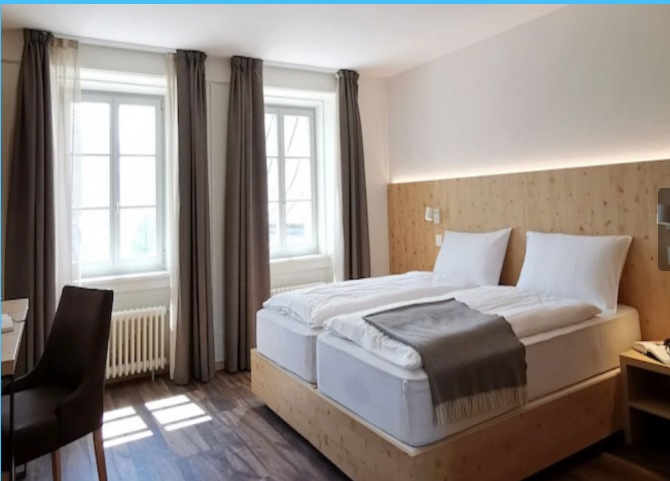
## ZÜRICH (HOTEL ALMA)



# FELDIS (BERGHOTEL STERNA)



# MALOJA (HOTEL MALOJA KULM)



## 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 Alma 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 from the airport.

**CHECK-IN AT [HOTEL ALMA](#): Saturday, August 12, 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 pretty warm in August. Bring some warm clothes for evenings and eventually bad weather. 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 day hikes that have enough space for a rain jacket, and lunch and some water. Also recommended are hiking poles, a flashlight, hiking pants, a sweater, sun hat, sunglasses, a rain jacket, a Swiss Army knife, first aid kit, and personal medications. Swiss pharmacies are great and carry a lot of over-the-counter and also homeopathic medicine.

## WEATHER

August in Switzerland is usually warm, with an average daytime temperature of 75 F, and an average nighttime temperature of 55-60 F. We are mostly in the mountains on 4500 - 6600 ft. altitude, so it will not be extremely hot. There are nearby mountain lakes to swim in if one wants to take a dip.

## 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.

## COVID POLICY

We request that you bring a few home tests with you. Please DO TEST before leaving and getting on the plane. And we will all test upon arrival at the hotel in Zurich, and again 3 days into the trip. This system has worked great on prior retreats and protected everybody from getting COVID while on retreat. Thank you very much for your collaboration and for being considerate to your travel partners.

## 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 2023

with Christine Hoar

August 12–20, 2023

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\*:

.....Standard single room: **\$3100**  
.....Superior single room: **\$3400**  
.....Standard double room: **\$2700**  
.....Superior double room: **\$2900**

\*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.....

(we try to accomodate you as best possible)

**\$600 non-refundable deposit due with registration form. FULL Balance due May 15, 2023.**

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

**Make checks payable to Ashtanga Montauk and mail to: Christine Hoar, PO Box 872, Montauk, NY 11954  
or via Zelle to [christine.hoar@gmail.com](mailto:christine.hoar@gmail.com)**

We look forward to sharing this experience with you!

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

**t: 802.238.3735**

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