



yogalife

# VAL D'ISERE RETREAT

28<sup>TH</sup> FEBRUARY - 7<sup>TH</sup> MARCH 2021

Fitness • Yoga • Detox

For more information please visit our website [yogalifeuk.com/retreats](http://yogalifeuk.com/retreats)

## Introducing “SNOWGA”; Yogalife’s first ever winter yoga retreat!

Believe it or not, yoga and winter sports have a lot of similarities, they both need dedication and passion to progress, they both teach you to be in tune with your body and senses, they bring you into the NOW!

Both experiences are enhanced when surrounded by the power of Mother Nature. Even from a physical and mental point of view both passions compliment each other perfectly; enhancing balance, strength, coordination, determination, flexibility and offering that same sense sense of achievement and euphoria. Smashing out your first inversion is as good as getting down the mountain like a speeding bullet and making it to the bottom in one piece!



### Bespoke

Yogalife have designed your yoga sessions to compliment this very special trip. You will receive 2 yoga sessions a day, the morning session will work to activate and lengthen the muscles needed for the mountain and the day ahead, while at the same time working on balance and grounding postures aimed at enhancing and improving your skiing/snowboarding for the whole of the week. Your evening session will be focused on relaxation and helping your muscles to recover, helping them to be ready and pain free for the next day’s snow adventures!



### The Venue

Imagine a luxury ski in, ski out lodge set in the beautiful French alps, with large open fireplaces, floor to ceiling glass walls to take in the panoramic views of the snow-capped mountains, large en-suite rooms, heated pool, sauna, steam room, and with its very own hot tub nestled on our private balcony! You will be taken care of by our private chef and chalet hosts who will be on hand to serve breakfast, afternoon tea and a delicious 3 course dinner.



### Dynamic

Discover the power of the HOF! Yogalife will take your mind and body to another level using the famous Wim Hof techniques! Ice therapy combined with breathing techniques that promote healing, wellness and take your energy to another level, you will be left feeling on top of the world and that is a promise!

# Is it for me?

Yogalife Retreats are about bringing amazing people together and having new or enhanced life experiences, so it doesn't matter if you have never skied before; now is a great time to learn a new skill!! Lessons are available so that is no problem. New to yoga? Again, even better, Yogalife instructors are trained to take care of everyone, we will look after you at ANY level and ability.

And for you seasoned snow dogs, I already know you are getting your annual leave booked as you read this, what a venue and what a combination; yoga and skiing..... sign me up!!





# Highlights

-  2 hours of 'snowga' specific yoga sessions
-  Yogalife goody bag, packed with Yogalife hoody, aromatherapy muscle rub, massage oil, and Epsom salts
-  Delicious and nutritious menu
-  Daily ice man Wim Hof practice
-  Airport transfers and flights included \*\* if recommended flights have been booked\*\*
-  Luxury ski in - ski out 4\* lodge
-  Private hot tub, pool, sauna, and steam room
-  Lift pass included
-  Optional extras:
  - Ski carriage £70
  - Ski lessons £240
  - Ski/board hire £150

# A day in the life of

Your morning begins with a bespoke 'snowga' session in our private yoga room, this session will activate and lengthen the ski specific muscles while at the same time working on balance and grounding postures all aimed at setting you up for a perfect days skiing. We then make our way to breakfast where we will be served fresh juices & a delicious balanced meal for the day ahead. Once fueled we will head to the balcony for our 10 minute Wim Hof ice man session, this will energize the body, and sharpen the mind beyond your imagination. Once revitalized and changed into our snow gear we step out of our lodge, clip on your board or skis and hit the slopes, armed with a body and mind that could take on Mount Everest!

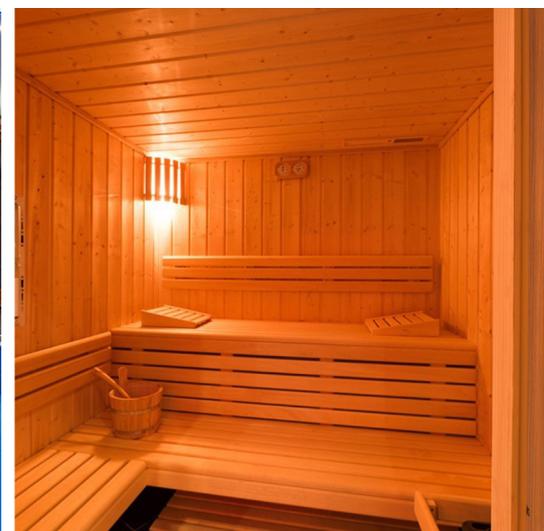
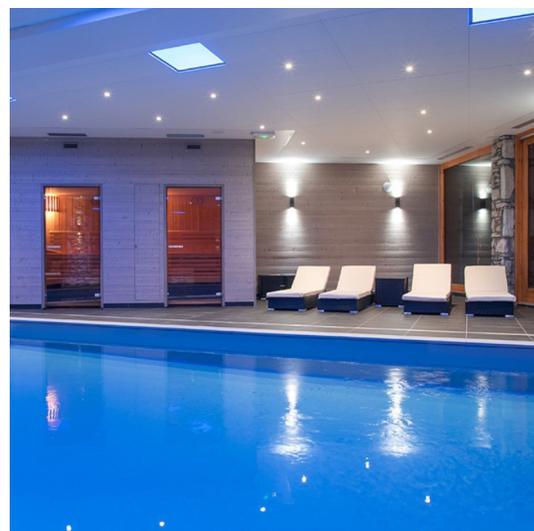
You then have the option to ski back to our lodge for afternoon tea or keep on ripping, then maybe after you have soaked in the hot tub or chilled in the pool we will meet for our second yoga session of the day. This session will be focused on easing the muscles that have worked hard for you all day, making use of your aromatherapy massage balm and taking you to a state of complete relaxation and recovery. We will then make our way to dinner and enjoy a glass of wine or two, comparing goggle tans, finishing the day around the open fire chatting to interesting people and listening to stories of the funniest falls & adventures of the day. When you are ready, you float off to your room, totally relaxed ready to sleep and repeat it all again the next day!





## Accommodation

Ski in ski out 4\* luxury lodge, swimming pool, private yoga room, sauna, steam room, private balcony and hot tub, panoramic mountain views, large 4\* en-suite rooms, open fire with lots of space to relax.



## Dates

28th February - 7th March 2021



## Recommended Flight

Flight details will be confirmed early 2021



## Cost

£2,950 per person  
(includes flights, transfers, ski pass, food and accommodation)

Full balance to be settled 8 weeks before departure or your place may be at risk and all payments paid are non-refundable. \* Earlybird discount is paid in full

# Comprehensive inner health check

## What you can expect

Unique to Yogalife retreats, as part of our first class service, we will also be able to provide you with insight into your cells health and productivity levels via a finger prick blood test. Your cells are responsible or involved in nearly every single function in the body, from building tissue such as bone, organs, ligaments, cartilage, skin and muscle repairing injuries, to absorption of nutrients, converting those nutrients to energy, removing toxins, fighting disease, the list is endless. Armed with these results we can determine a number of things:

- 1 Your cells omega 6-3 ratio: are your cells inflamed? If the structure of your cell is in balance then so are you chemically, physically and emotionally.
- 2 Cell membrane fluidity; this determines your absorption level of nutrients from foods and efficiency of releasing toxins from the cell.
- 3 Your cells protection level.
- 4 Your Arachidonic acid index; this is your ability to fight disease and viruses (immune strength) also your ability to repair tissue after trauma.
- 5 Mental strength; this looks at the balance and supply of omega 3-6 to the brain and nervous system. 1 omega 3 to 1 omega 6 is optimum, this will affect mood and brain-related wellness.

## Before you go

In order for us to provide you with this insight, you will need to arrange for a finger prick blood test to be carried out at least three weeks before you leave for your retreat.

Blood tests can be carried out by Gareth Caple, or if it's more convenient for you, they can be posted directly to your door for you to carry out yourself.

**To arrange a blood test please call Gareth on 07979 520 339.**

# How it works

-  The blood test needs to be carried out at least three weeks before you leave for your retreat.
-  The test can be carried out by Gareth Caple or if it's more convenient for you, they can be posted directly to your door. A video and instructions on how to perform the test yourself will be provided.
-  The test only takes 10 minutes, it's very easy and relatively painless.
-  The test ID then needs to be registered at [zinzinotest.com](http://zinzinotest.com), then put in the post using the envelope provided and sent away for analysis.
-  Please provide Gareth with a photo of your test ID via email: [gareth@yogalifeuk.com](mailto:gareth@yogalifeuk.com)
-  It takes 10-20 days for the results to be e-mailed to you, you will receive a text notification when your results are ready.
-  These will be reviewed in a 1-2-1 consultation on the retreat, from this a plan will be put together to ensure you are at optimum health, from your cells to the top of your head to the tips of your toes!
-  This unique service comes at no additional cost

Any questions, please contact Gareth Caple on 07979 520 339  
or [gareth@yogalifeuk.com](mailto:gareth@yogalifeuk.com)



# Things you need to arrange/pack



## Passport

You won't be going anywhere without that!



## Ski/board travel insurance

Please ensure you are fully insured for the area we are travelling to. Check with your insurance provider for full details of your policy. If you prefer us to have a copy of these details in the unlikely event we need to act on your behalf please send them to [gareth@yogalifeuk.com](mailto:gareth@yogalifeuk.com)



## Currency

You won't need much as we will have taken care of nearly everything, but get some currency just incase!



## Sports gear

Yoga and ski / snowboarding clothing, swimming costumes for the hot tub, pool and the hoff!!



## Goody bag

Don't forget your Yogalife goody bag (we will get this to you 2 weeks before we fly).

# What can you expect on this retreat?

## An amazing experience

An amazing experience, this is perfect for a beginner and seasoned snow dogs alike. You will be surrounded by people that will support you, your body and mind will be best prepared using the power of yoga and Wim Hof techniques. Whether you are learning new skills or enhancing current ones, you will literally be on top of the world in an amazing venue!

## We eat lots of plants!

We will eat from a delicious menu with all dietary requirements catered for, we won't be strict on meat, but we want lots of plant based foods with your meals. We will also offer a glass of wine or two with your meals if that's what you fancy. Yogalife want to enhance your experience, new or old to this amazing way of life....

## Bespoke yoga

All sessions are optional, however if you commit to the all the sessions, we promise you will feel amazing. Bespoke yoga, adrenaline, great food, amazing people, breathtaking views, a beautiful luxury lodge, hot/cold therapy.... What's not to like?!?

# What to do next?

1. Contact Gareth confirming your interest and booking.
2. Pay a non-refundable deposit of £500.
3. Book your flight.
4. Pay the full balance 8 weeks before departure.

## Contact details:

Gareth Caple  
Director of Yogalife UK  
Tel: 07979 520 339  
E-mail: [gareth@yogalifeuk.com](mailto:gareth@yogalifeuk.com)

## Payment details:

Barclays Bank - Life Changing Retreats  
Sort Code: 20-45-45 Account Number: 03000486

\* please leave your full name as a reference and email [gareth@yogalifeuk.com](mailto:gareth@yogalifeuk.com) to confirm.





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