



yogalife

VAL D'ISERE RETREAT

5TH - 12TH MARCH 2023

Ski • Yoga • Wim Hof

For more information please visit our website 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!

And both experiences are enhanced when surrounded by the power of Mother Nature. From a physical and mental point of view, both passions compliment each other perfectly, leading to enhanced balance, strength, coordination, determination and flexibility. Furthermore, that same sense of achievement and euphoria of 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 complement this very special trip. You will receive two yoga sessions a day:- 1. Your morning session will be focused on activating and lengthening the muscles for the mountain and the day ahead. It will also work on balance and grounding postures, aimed at enhancing and improving your skiing / snowboarding for the whole of the week. 2. Your evening session will be focused on relaxation and helping your muscles to recover, so that they will 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 windows to take in the panoramic views of the snow-capped mountains, large en-suite rooms, heated pool, sauna, steam room, and our 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 three course dinner.



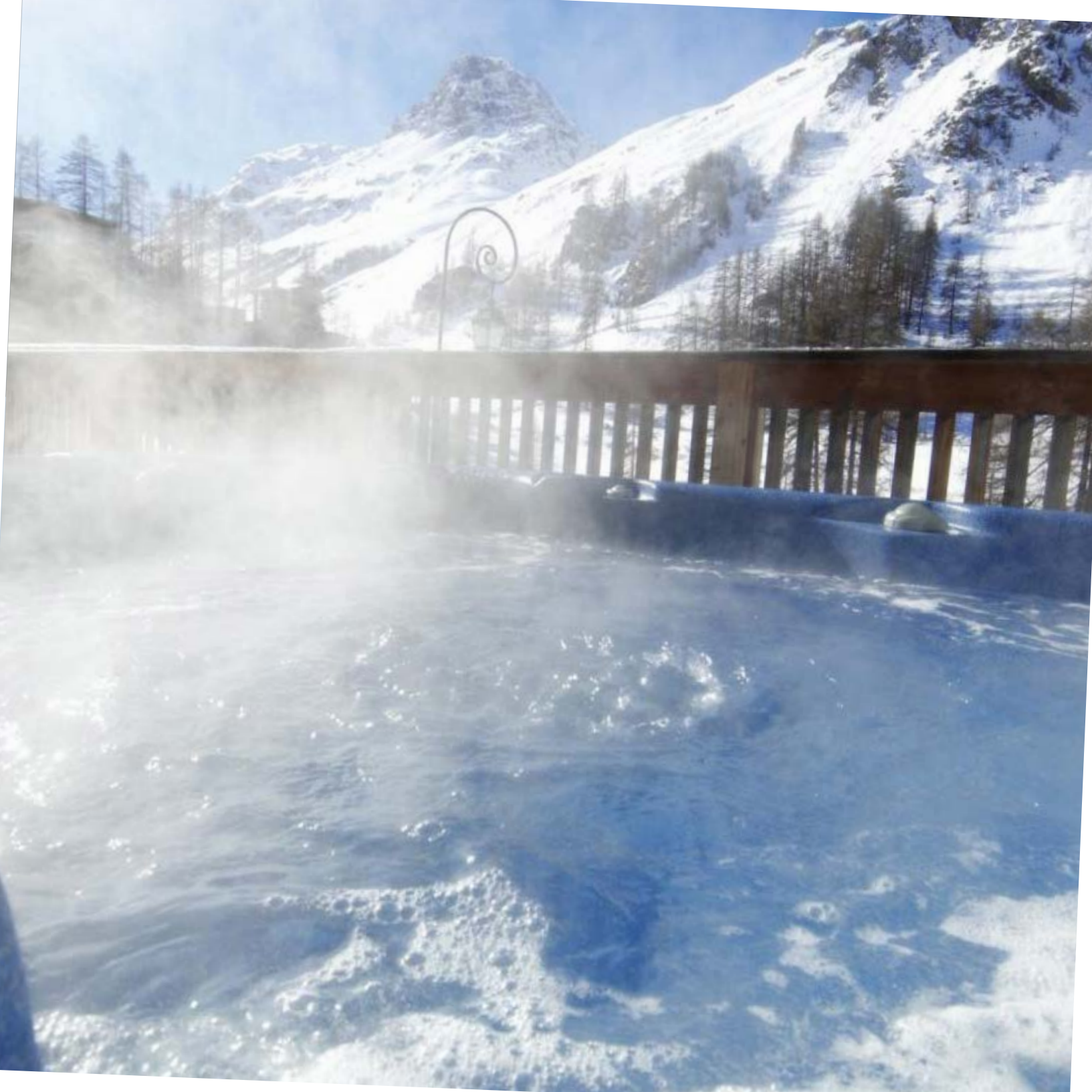
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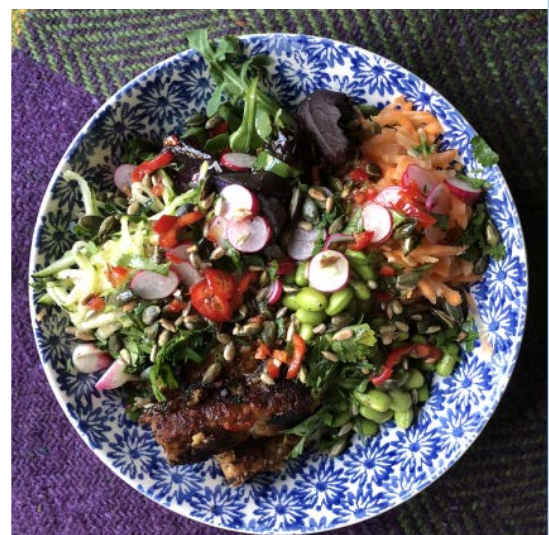
Discover the power of the HOF! Yogalife will take your mind and body to another level using the famous Wim Hof techniques! These are based around ice therapy combined with breathing techniques which promote healing and wellness and take your energy to another level. You will be left feeling on top of 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

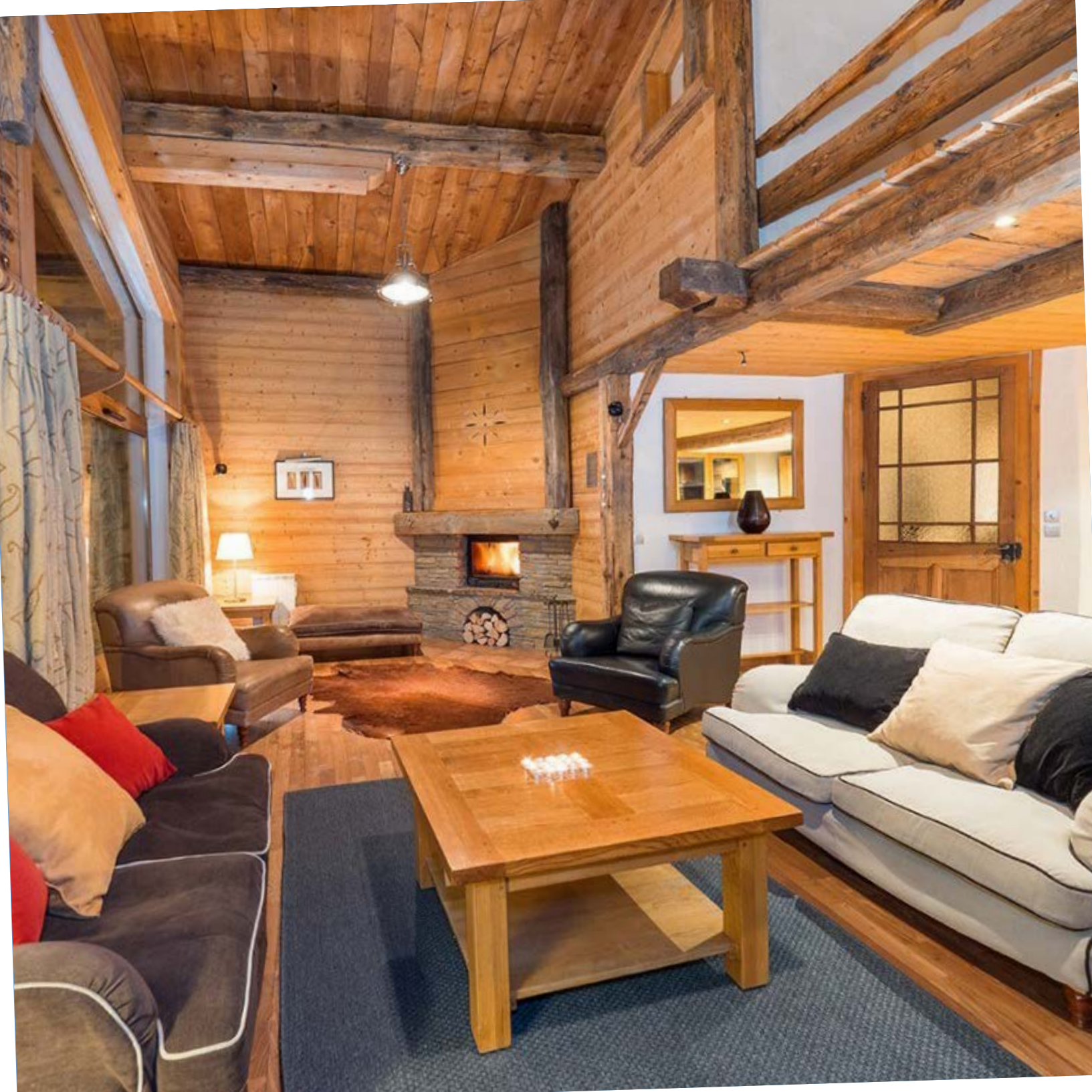
A day in the life of

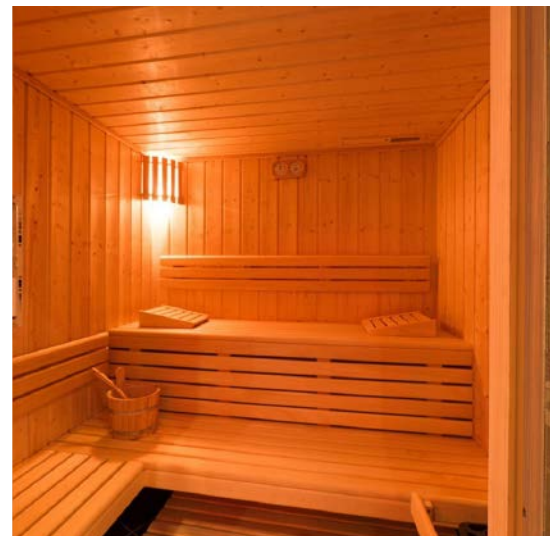
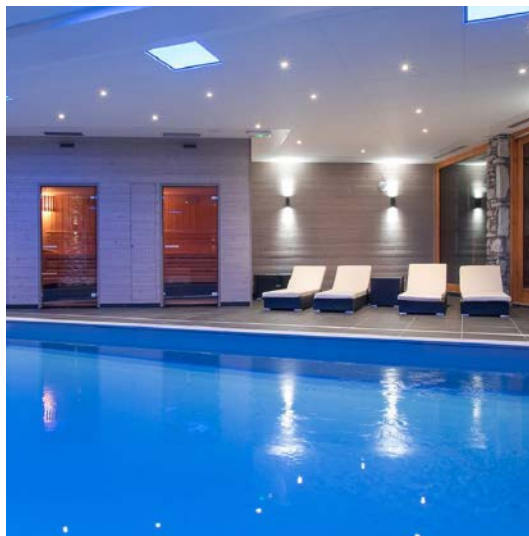


Your morning begins with a bespoke 'snowga' session in our private yoga room. This session will activate and lengthen your ski-specific muscles, while at the same time working on balance and grounding postures. These are all aimed at setting you up for a perfect day's skiing. We then make our way to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

Later in the day, you 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 and compare goggle tans. We will finish the day around the open fire, chatting to interesting people and listening to stories of the funniest falls and adventures of the day. When you are ready, you float off to your room, totally relaxed and 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 ensuite rooms and open fire with lots of space to relax.



Dates

March 5th - 12th 2023



Recommended Flight

Arrive: 5th March 2023 Manchester - Geneva easy jet 7.05am flight.
Depart: 12th March 2023 Geneva - Manchester 4.50pm easy jet flight.



Cost

£2,550 per person, based on 2 people sharing a twin en-suite.
(includes, transfers, ski pass, food, drinks package, accommodation, yoga, & Wim Hof). Does not include flight and ski carriage.

Full balance to be settled 8 weeks before departure or your place may be at risk.

All payments are non refundable.

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, 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



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**



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



Currency

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



Sports gear

Yoga clothing, ski and snowboarding kit, swimming costumes for the hot tub, pool and the HOF!!



Goody bag

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

What can you expect on this retreat?

An amazing experience

You will have an amazing experience, perfect for beginners and seasoned snow dogs alike, and you will be surrounded by people that will support you. Your body and mind will be working in the best possible way, using the power of yoga and Wim Hof techniques to learn new skills or enhance your 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. While we won't be strict on meat, we will be offering lots of plant-based foods with your meals and we will complement the food with a glass of wine or two if that's what you fancy.

Bespoke yoga

All sessions are optional. However, if you do commit to them all, we promise you you will feel amazing. Bespoke yoga, adrenaline, great food, amazing people, breath-taking 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

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 to confirm.





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