



SAANENWALD

• THE NATURE GIFT •

WELL-BEING IN NATURE

join a unique self-care

programme

in the swiss alps



# OUR HEALTH. OUR HAPPINESS.

Today, more than ever we are aware of how little we prioritise ourselves in our everyday lives. Many of us have been under a lot of stress the past months and our daily habits have been thrown into a turmoil of stay-at-home directives, uncertainty, feelings of loneliness, loss or financial concerns.

In order to show you a variety of ways to care for your mental and physical health, we invite you to join our 3rd edition of a weeklong retreat in the Bernese Highlands at **SAANENWALD** this summer:

Consciously allow time for yourself.

Share mindful and fun moments within a small group of like-minded people.

Be in nature.

Learn about health promoting self-care practices.

Rest.

Set seeds for new ideas.

**Shinrin-Yoku**, also known as Forest Bathing, is the focus of the week where you are guided to wander and wonder through the nearby forests and activate your senses. During **Meditation** and **Yoga** you learn different approaches of the practice to explore what fits you best. The **Workshops** provide tools and let you design your own self-care practice for your everyday life. The in-between **Lazing** can be used to do actively nothing at all, connect with others or used as play time.

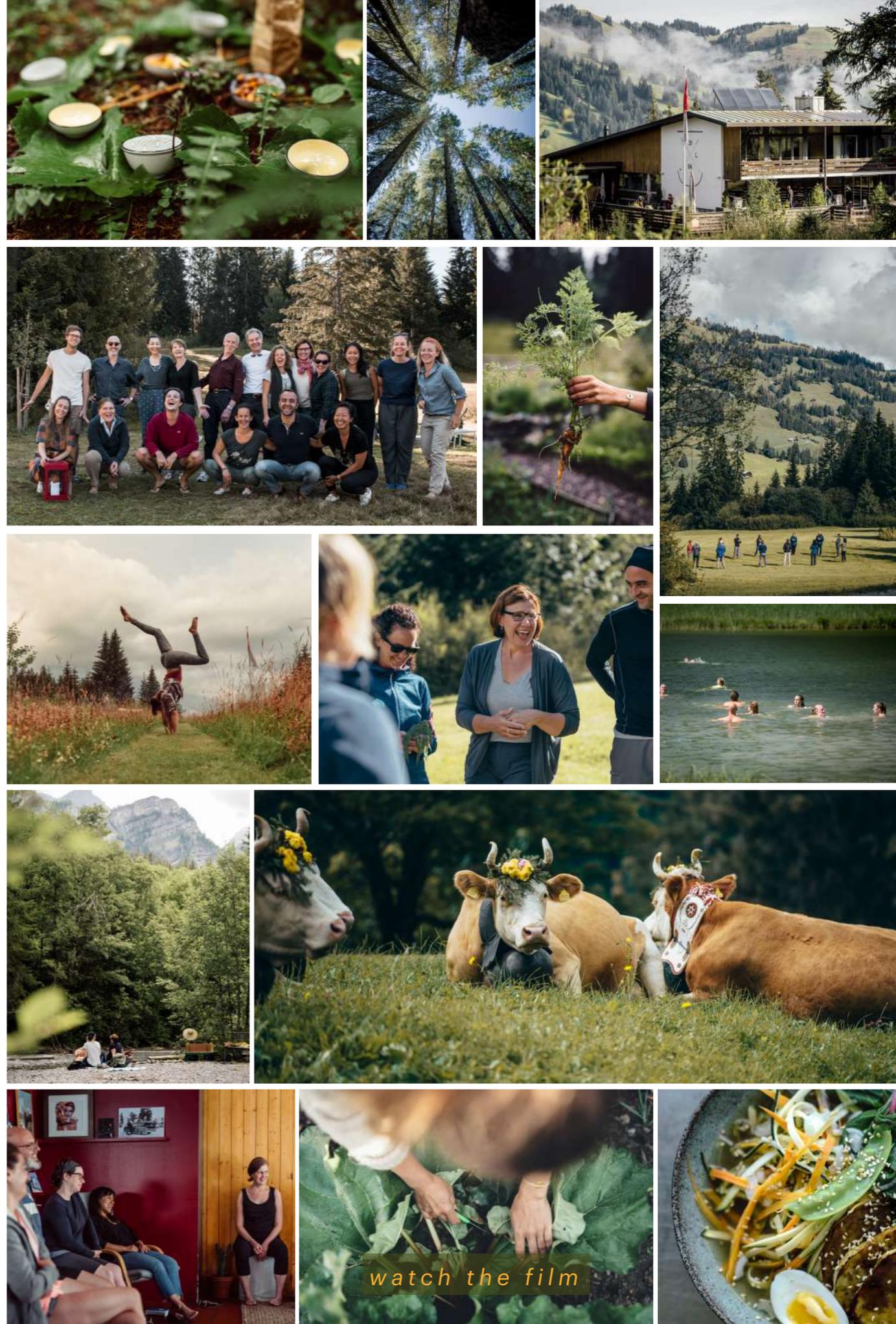
After a successful summer in 2020 we are confident that our team is able to provide a safe stay and at the same time ensure a relaxing and enjoyable experience for you. In case we are not able to run our nature programme due to restrictive covid-19 measures set by the state you will receive a full refund of your booking.

We are very much looking forward to meeting you this summer - until then, stay healthy and positive.

Your Friends of Saanenwald Team.

*"A week to take a step back and reconnect, like a reset button."*

Katerina (33), Trainer



1 week  
12 participants

*"When you feel work is getting to you and you need to release from stress and a time to recover, the nature weeks at SAANENWALD will help you, not only in the moment but also to take future challenges in a more centred and balanced way."*

Male participant (41)  
Financial Advisor

## DATES 2021

SAT-FRI

WEEK 1	12.06. - 18.06.2021
WEEK 2	19.06. - 25.06.2021
WEEK 3	03.07. - 09.07.2021
WEEK 4	ALUMNI only
WEEK 5	24.07. - 30.07.2021
WEEK 6	ALUMNI only
WEEK 7	28.08. - 03.09.2021
WEEK 8	04.09. - 10.09.2021
WEEK 9	18.09. - 24.09.2021
WEEK 10	02.10. - 08.10.2021



## MOUNTAIN LODGE

**6 nights / 7 days** accommodation at the Saanewald Lodge, near Gstaad, at 1'400m above sea level. Bright private bedroom with your own shower and bathroom.



## MEALS

all family-style meals are included: breakfast, lunch and dinner are mostly plant-based but we also use few animal products. Free coffee / tea station with fruits and nuts during the day.



## SHINRIN-YOKU

5 days of 2-4 hours guided Forest Bathing with your guide Nadine and a fire-side talk about the health benefits of Shinrin-Yoku.



## YOGA & MEDITATION

6 guided meditations in the morning and 6 yoga classes in the late afternoon.



## WORKSHOPS & LAZING

2 Workshops: an introduction to (Self-) Hypnosis with Romain and our "Make it Last" workshop. And plenty of time to be actively lazy!



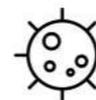
## RATE

**CHF 1'900** per person.



## SOCIAL IMPACT

With your stay you are supporting the stay of less fortunate people. 1 out of 3 will benefit from financial support to attend the programme.



## COVID-19

An implementation plan to fully protect your health & safety is in place. Shall we not be able to carry out the weeks due to restrictive measures, you will receive a full refund of your booking.