



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.

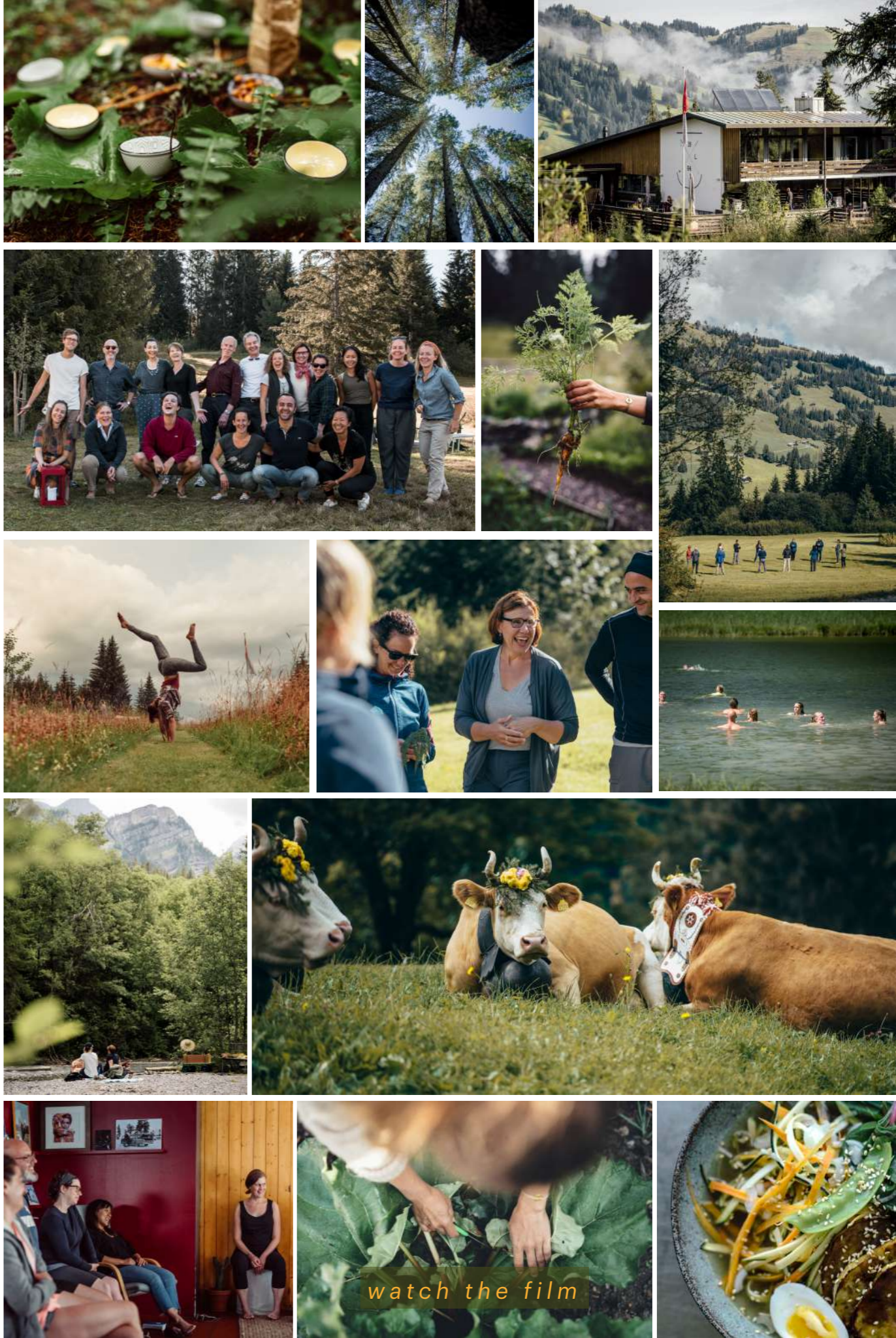
After a successful summer in 2020 we are confident that our team is able to provide a safe stay and at the same time ensure a relaxing and enjoyable experience for you. In case we are not able to run our nature programme due to restrictive covid-19 measures set by the state you will receive a full refund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