

# chandolin boutique hotel

## YOGA RETRAITS – FROM SUNDAY TO MONDAY (5 NIGHTS)

- **From Sunday 3<sup>rd</sup> of January until Friday 8<sup>th</sup> of January 2021 – Romain & Audrey**  
Vinyasa Flow in the morning and gentle restorative yoga in the evening: Audrey Gordon and Romain Adeck, certified instructors, will share their techniques with you in two daily classes.
- **From Sunday 10<sup>th</sup> of January until Friday 15<sup>th</sup> of January 2021 – Johanne Haari**  
After a professional career as dancer, Johanne have done a training at the Ashtanga institute in Paris. As she wants to make yoga accessible to everyone, she continues to follow many yoga trainings. You will practice some detox posture in the morning and a restorative yoga in the evening.
- **From Sunday 28<sup>th</sup> February to 5<sup>th</sup> March 2021 – Aurdey Gordon**  
Audrey's will teach you Vinyasa Flow in the morning and Yin yoga in the evening.

### Package includ :

- 5 nights with breakfast.
- Homemade welcoming drink.
- One yoga session in the morning and one in the afternoon (total of 10).
- Vegetarian 3 courses diner (excluding drinks).
- Free access to the Spa.
- -10% off on treatment and Spa products.
- -10% off for extra night with breakfast (on the public rate)

### RATE IN SINGLE OR DOUBLE OCCUPENCY

Yoga Retreats – 5 nights	Room in single occupancy	Room in double occupancy
Economy twin room - North (bunk bed)	1'600.00	2'600.00
Superior room - North	1'800.00	2'800.00
Premium room - South	2'000.00	3'000.00
Deluxe room - South	2'100.00	3'100.00
Suite - South	2'800.00	3'800.00

*Excluding city tax at CHF 4.00 per person and night.*

*Offer valid from 3<sup>rd</sup> January until 5<sup>th</sup> January and 28<sup>th</sup> February to 2<sup>nd</sup> April 2021– On reservation only and upon availability.*

*Prepayment is required 7 days prior to arrival. Any cancellation or amendment has to be notified in writing. Reservations cancelled or modified 7 days prior arrival day will incur a charge of 100% of full stay.*

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## Typical planning of the week:

### Sunday :

- From 3pm : Arriving of the participants.
- 5pm : Presentation of the week and yoga session.
- 7pm : Vegetarian dinner at the restaurant.

### Monday, Tuesday, Wednesday, Thursday :

- 8am : Morning yoga class.
- 9am : Buffet breakfast.
- 10am to 5pm: Free time
- 5pm : Afternoon yoga class.
- 7pm : Vegetarian dinner at the restaurant.

### Friday :

- 8am : Morning yoga class.
- 9am : Buffet breakfast.
- 12pm : Departure.

*The schedule is modifiable depending of the teacher and the weather.*



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## OUR ROOMS

The access to our rooms is guaranteed at 4pm at the latest on the arrival day. They have to be free by 12pm on the departure day. Under the law at present, the hotel is entirely non-smoking.

As per the Minergie norms, all our rooms were totally renovated with warm colours and decorated in an elegant style, combining modernity and tradition. They own a double bed (cannot be twinned), a Nespresso coffee machine, a minibar and a tablet with internet access and numeric newspapers.

## OUR RESTAURANTS

The Chandolin Boutique Hotel presents "[Le Restaurant](#)" awarded an honourable 15/20 by the famous guide « Gault & Millau ». In a warm atmosphere, our kitchen team works with local, authentic and seasonal products, but also with ingredients inviting to a culinary journey outside our borders. Our inside restaurant room provides with a central fireplace.

## OUR « ALTITUDE WELLNESS » SPA

The intimate « [Altitude Wellness](#) » Spa offers modern equipment such as a care cabin, a sauna, a steam bath, a cold breeze shower and a relaxing room with herbal teas (from 16-year old). Our outside hot tubes, the [Ella baths](#), are a real experience facing the Wallis Alps.

You can peruse our « Altitude Wellness » Spa [Menu](#) here (subject to change). Reservations are highly recommended.

## OUR « SALON DES ETOILES »

The « Salon des étoiles » is a living-room dedicated to comfort, perfect to rest, meet and have a self-service hot beverage. An X-Box games console, a DVD players, games and books are at our guests' disposal. Equipped with a large interactive screen, this place is ideal to welcome [a company meeting or an exclusive event](#) that can assemble 15 to 20 people.

## THE JOURNEY TO CHANDOLIN

Travelling times	Airports	Geneva <a href="#">2h15 (c)</a>	Zurich <a href="#">3h30 (c)</a>	Sion
<a href="#">45 minutes (c)</a>				
(c=car ; b=bus)	Train station	Sierre <a href="#">35 minutes (c) / 1 hour (b)</a>		

The hotel proposes an underground car park at CHF 25.- per day or a free outside car park. A complimentary shuttle service is also at your disposal for transfers in the station.

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## THE WINTER ACTIVITIES

The [Chandolin/St-Luc ski area](#) offers more than 70km of slopes, up to an altitude of 2'700m, for all the winter sports. We have the benefit of being located ski-out and only 5 minutes from the ski lifts. We can organise your ski lessons with our partner [Chandolin Ski School](#), as well as your equipment rental at preferential rates with [Chandolin Sports](#). Many other activities are possible in our beautiful [Val d'Anniviers](#) like stargazing, ice-climbing, the visit of a glacier, paragliding, snowshoeing, seal skin hiking...

## LET'S STAY CONNECTED

You can already download the Chandolin Boutique Hotel App on your smartphone or iPhone to discover more about our property and the area. Also, we frequently propose [packages or special offers](#) that you can peruse online. Do not hesitate to sign up to our [newsletter](#) or to follow us on social networks such as [Facebook](#)...

We remain at your entire disposal for any further information you may require, please do not hesitate to contact us.

Looking forward to welcome you to the Chandolin Boutique Hotel, we send you our best regards.

Caroline Adler

Manager

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