

# REST, RECONNECT & RESTART



TREAT YOURSELF TO A DAY OF MOVEMENT, SPA  
PAMPERING AND RECONNECTION

Join Sabine Aleksic in Verbier for a day of meditation, dynamic movement, spa relaxation, yin and a closing savanna with music & koshi.

## Sunday 19/11

10:00 Arrival

10:15-10:45- Guided Meditation

10:45-12:15- Dynamic Vinyassa Flow

12:15-15:30- Lunch & Spa, including jacuzzi, hamman & sauna

15:45-17:15- Yin Flow

17:15-17:30- Closing Savasana with music & koshi



\* Final day to sign up Friday 17th November.

Price: 165 CHF

[www.inspireverbier.com](http://www.inspireverbier.com)