

# SCHLOSS ZERMATT

## PROGAM YOGA RETREATS 2025

### Yoga, nature experience & exclusive wellness

Summer Retreat:  
Autumn Retreat:

June 26, 2025 – June 29, 2025  
September 19, 2025 – September 22, 2025

#### Day 1 | Earth

16:00 Presentation of the Retreats, Hotel, and Tea-Time  
17:00 – 18:30 Opening Yoga Practice and Meditation | Earth  
19:30 Dinner at a Partner Restaurant

#### Day 2 | Water

08.00 – 09.30 Yoga Vinyasa | Water  
10:00 – 11:00 Breakfast  
11:30 – 16:00 Excursion to the Mountains (depending on weather conditions and accessibility), hiking as well as meditation and pranayama practice.  
18:00 – 19:00 Restorative Yoga after the Hike  
Free evening

#### Day 3 | Fire

08.00 – 09.30 Dynamic Yoga Vinyasa | Fire  
10:00 – 11:00 Breakfast  
11:00 – 15:00 Free Time to explore Zermatt, enjoy the spa, or book a treatment.  
15:00 – 18:00 Hike to our secret Yoga Platform, Meditation, and Yoga by the fire with the sunset  
19:30 Dinner at a Partner Restaurant

#### Day 4 | Air

08.00 – 09.30 Yoga Practice and Pranayama | Air  
10:00 – 11:00 Breakfast  
11:00 Check-Out  
12:00 – 12:30 Meditation, Closing Circle, Conversation, and Exchange Time  
Afternoon Option to spend the day at the hotel: Gym, spa, massage or explore Zermatt

SCHLOSS Zermatt  
CBD & Adaptogenic Spa and Sport Hotel  
Bahnhofplatz 18  
3920 Zermatt

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