



ALPINE ELITE

A Restorative Weekend at the stunning and serene Blausee Natural Reserve

Including a comprehensive Mindfulness course,
complemented by Qigong, Tibetan Singing Bowls,
Shiatsu Mindful Touch, and Chinese Tea Tasting

**19th – 21st September 2025
Hotel Blausee, Switzerland**

**Limited to Just 9 Participants
Price: CHF 1'950 per person
Book by 25th JULY to SAVE CHF 100**

What is included

- Mind Reawakening Programme led by two expert instructors.
- Stay at Hotel Blausee, with limited Blausee-view rooms (first come, first served).
 - Full board gourmet dining, including early bird breakfast, brunch, and a three-course dinner by a Gault Millau 13-point kitchen.

Combining mindfulness, mindful movement, therapeutic vibrations, and intentional communication creates a powerful synergy, profoundly nurturing holistic well-being. Each practice can uniquely enhance harmony and enrich the quality of life.

Mindfulness is the intentional act of focusing on the present moment with an open and non-judgmental awareness. It allows observing experiences as they unfold and to make conscious choices in how to respond, rather than automatically reacting out of habit. It is a validated technique which can sharpen mental clarity, strengthen emotional resilience and elevate workplace engagement, fostering comprehensive wellbeing.

Qigong integrates movement, breath, and meditation, promoting health through gentle, flowing practice. It supports energetic balance, mental presence, awareness, and emotional stability through mindful listening, strengthening an authentic connection with oneself and the surrounding environment.

Tibetan singing bowls, with their vibrations, induce deep relaxation and support energetic rebalancing, harmonizing body, mind, and emotions. Their therapeutic frequencies can enhance awareness, reduce stress and promote profound transformation.

Shiatsu, the Mindful Touch, fosters deep listening to oneself and others, creating a direct and authentic connection. It encourages harmonic balance between body, mind and spirit, stimulating overall well-being through a fully mindful and mutually respectful relationship.

Book your space now
info@alpineelite.ch or on www.alpineelite.ch

Return home refreshed, with renewed clarity and resilience to meet life's challenges gracefully, and with thoughtful composure.