



Whitsun Weekend in beautiful Chateau Gottrau. 25.05.12 – 28.05.12

A weekend full of unforgettable Yoga moments, wonderful organic food and time to dive breath by breath into a world full of peace and beauty.

Chateau Gottrau was built 500 years ago in the Kanton of Fribourg. Over the years it has served as a home to various families. The current owners have now opened its doors to groups and individuals seeking a moment's peace away from the hustle bustle of every day life. Visitors at Chateau Gottrau will be charmed by the beauty of the house and its natural surroundings which enable one to experience the serenity of just being!

- Dates:** Friday 25.05.12 from 17.00
 Saturday 26.05.12 whole day
 Sunday 27.05.12 whole day
 Monday 28.05.12 till ca.16.00
- Location:** Chateau Gottrau, 1776 Montagny. More info under:
www.chateau-gottrau.ch
- Cost:** Fr. 720.- (in double room) till 31.01.12 (Fr. 770. after that date)
 Fr. 780. (in single room, only 2 available) till 31.01.12
 (Fr. 830. after that date).
- Terms:** All inclusive except Snack bar and Wine
 - Limited number of participants. Please reserve early.
 - Reservations are definite after confirmation of place.
 - Early bird booking: Total to be paid after confirmation of space.
 Reservations after 31.01.12: Half of price to be paid within 10 days of reservation. The rest to be paid one month before retreat.
 - Cancellation: 21 days before retreat 50% on total price.
 7 days before retreat 75% on total price.
- Massage:** To be reserved on site.
Claire Dalloz : Has been teaching yoga since 1995. Her style is a blend of Iyengar Yoga and Vinyasa Flow with emphasis on correct physical alignment and respect for the individual's physical capacity. The weekend consists of an integrated yoga practice with meditation, pranayama and asana. There will be enough time to relax, enjoy the surroundings, have a massage, read a book or enjoy a friend's company More info on Claire www.clairedalloz.ch