

CERVO



MOUNTAIN  
ASHRAM SPA  
RETREAT

CERVO  
MOUNTAIN RESORT  
RIEDWEG 156  
CH-3920 ZERMATT

T +41 27 968 12 12  
ASHRAM@CERVO.SWISS  
WWW.CERVO.SWISS

# 5 DAYS RETREAT PROGRAMME



## SUNDAY

16:00	Check- in
17:00-18:30	Opening Ceremony with a nice welcoming, where the program will be explained. Continued by a Restorative yoga session in the Ritualroom
19:00-20:00	Dinner with Vegan and Vegetarian options
20:15-21:00	Yoga Nidra in the Ritualroom

## MONDAY

7:00-8:00	Morning Yoga in the Ritualroom
8:00-8:30	Meditation (optional for hotel guest and for retreat guest) in the Ritualroom
9:00-10:00	Healthy Breakfast with Vegan and Vegetarian options
10:30-12:30	Forest Bathing (in good weather conditions) / cacao ceremony (in bad weather conditions)
13:00-14:00	Healthy Lunch with Vegan and Vegetarian options
14:00-17:00	Spa and treatment time. Treatment by choice 60min included. For a different duration extra charges apply. Please book your treatment before your arrival.
17:30-18:30	Holotropic breath in the Ritualroom
19:00-20:00	Dinner with Vegan and Vegetarian options
20:15-21:00	Sound session in the Ritualroom

## TUESDAY

7:00-8:00	Morning yoga in the Ritualroom
8:00-8:30	Meditation (optional for hotel guest and for retreat guest) in the Ritualroom
9:00-10:00	Healthy Breakfast with Vegan and Vegetarian options
10:00	free time, explore Zermatt or use the Spa
12:00 -14:00	Healthy Lunch for take away or in the restaurant
16:00-18:00	Spa and treatment time. Treatment by choice 60min included. For a different duration extra charges apply. Please book your treatment before your arrival.
19:00-20:00	Dinner with Vegan and Vegetarian options
20:15-21:00	Chakra Balancing Meditation in the Mongolian Yurt



## WEDNESDAY

7:00-8:00	Morning Yoga in the Ritualroom
8:00-8:30	Meditation (optional for hotel guest and for retreat guest) in the Ritualroom
9:00-10:00	Healthy Breakfast with Vegan and Vegetarian options
10:30-12:00	Herbal Stamp Workshop in the Ritualroom
13:00-14:00	Lunch with Vegan and Vegetarian options
14:00-17:00	Spa time and 60 minutes Pinda Sweda treatment with your own Herbal Stamps from the workshop
17:30-18:30	Kundalini Awake in the Ritualroom
19:00-20:00	Dinner with Vegan and Vegetarian options
20:15-21:00	Sacred Circle in the Mongolian Yurt

## THURSDAY

7:00-8:00	Morning yoga in the Ritualroom
8:00-8:30	Meditation (optional for hotel guest and for retreat guest) in the Ritualroom
9:00-10:00	Healthy Breakfast with Vegan and Vegetarian options
10:30-11:30	Kundalini Awake and farewell ceremony in the Ritualroom
12:00	Check out. Use of spa facilities after the check out, free of charge.