

## ENDLESS SUMMER AT THE ALPINA GSTAAD

### *Relaxing or Rigorous? Yoga with an Alpine Twist ? Private Boot Camp?*

GSTAAD, Switzerland, August xx, 2015 – There are still seven weeks left to enjoy the luxurious Alpina Gstaad and its beautiful Swiss Alpine setting. Guests can choose among a variety of relaxing or rigorous programs. New this summer are three yogic programs to rejuvenate the mind and body Or after indulging in the beginning of the summer, guests can get their bodies back into shape with the luxury hotel's invigorating Boot Camp Privée.

Ideal for yogis of all levels, the **Yogic Sleep** Program aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses and *pranayama* (breath regulation). Yoga nidra is a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep. As a meditation technique, it engenders a deep sense of well-being. A selection of relaxing and energy balancing treatments works to ensure a better and more restful night's sleep.

**Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama*, meditation and a balanced diet along with *sat kriya* (movement and breath exercise). This program is complemented by a variety of detox and energy treatments. The ultimate goal is to detoxify the body and mind in a controlled and safe manner. Ideal for yoga aficionados and guests looking for less punishing detox programs.

**Discover Yoga** is ideal for complete novices and guests looking for an alternative body and mind practice. Private sessions of hatha yoga, meditation and *pranayama* are combined with Six Senses signature treatments and plenty of Alpine-inspired activities. Guests will develop an understanding of how the body engages in each posture as the yoga master guides awareness to specific areas and aspects of the practice to enhance the body's natural intuition.



The Alpina Gstaad created the six-day, five-night **Private Boot Camp** as a customized program for its discriminating guests who want a personal one-on-one fitness regime. Beginning with a body composition analysis, guests are evaluated by the trainer and spa director who then develop a workout routine and dietary program based on the guest's needs and fitness level. Early morning runs, intense Alpine workouts, TRX suspension, weight training, group classes of yoga, Pilates, Tai-Ch and hiking, climbing or even running in the Swiss Alps. Guests can enjoy the Alpina Life Cuisine menus or a Detox program. At the end of each day, participants will appreciate the deep tissue massage and foot acupressure at the hotel's 21,500-square foot Six Senses Spa to relieve their aching muscles.

For more information about The Alpina Gstaad and its summer packages and programs, please visit [www.thealpinagstaad.ch](http://www.thealpinagstaad.ch).

#### **About The Alpina Gstaad**

The Alpina Gstaad is set on five acres in Oberbort, the exclusive hilltop area of the village, which is in Saanenland in the heart of the Bernese Alps. Part of a CHF300 million luxury development which includes private chalets and apartments, The Alpina Gstaad is a contemporary interpretation of traditional Swiss architecture incorporating local materials and authentic Alpine style. The luxury hotel has three restaurants: MEGU, a contemporary Japanese restaurant; a traditional Swiss stübli, and Restaurant Sommet, a Michelin-starred restaurant serving contemporary cuisine. There is a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom and several boardrooms. The 56 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet. The Alpina Gstaad is a member of Virtuoso and is part of the Legend Collection of Preferred Hotels and Resorts. The hotel has made Conde Nast Traveler's "Hot List," Travel + Leisure's "It List" and The Robb Report's "Best of the Best" for 2013. Schweizer SonntagsZeitung (the Swiss Sunday Newspaper) named The Alpina Gstaad one of the "Top Ten" best holiday hotels in Switzerland and Handelszeitung (a Swiss German newspaper) anointed it, "Best hotel in the Ski-Spa" category. [Gault Millau](#) Swiss named [The Alpina Gstaad](#) "Hotel of the Year 2013." The hotel was a finalist in Virtuoso's "Best of the Best" awards for excellence in design and in November 2013 won European Design Hotel of the Year from the European Hotel Design Awards. Restaurant Sommet received its first Michelin star in November 2013.