



## Yoga and Fitness Retreats

5 days / 4 nights

Sunday to Thursday or Wednesday to Sunday

Based on 16 people staying in Chalet Petit Amazonia

Are you a fitness professional looking for a location to run your next fitness retreat? Due to the fantastic location of our Luxury Chamonix Chalets we can cater for fitness retreats in a wide range of sports. Including but not limited to: Tri-camps, Trail-running, Yoga, Fitness, and Cycling.

Here are a couple of itineraries to get your creative juices flowing.

### Sample itinerary Yoga and Fitness retreat:

#### Arrival Day

- Fly from any international airport to Geneva.
- You will be met at Geneva airport by your private chauffeur who will drive you to Chamonix. Transfer is just under one hour.
- 18:30 - Welcome champagne reception and canapés – which will include your arrival meet and greet and introduction to your chalet and team.
- 19:00 - 4 course wholesome dinner of fresh French healthy cuisine prepared by our first-class chef, served with outstanding wines
- Enjoy a relaxing night in using the fabulous spa facilities or a movie in one of the state-of-the-art cinema rooms so you are fully rested for the days ahead

#### Day 2

- 07:00 - Wake up and take part in an outdoor HIIT class followed by an energising breakfast surrounded by the mountains.
- 10:00 - Following breakfast, we will head out for a hike to a Mountain Restaurant where we will stop for lunch. During the winter months this hike will be on a snowshoeing route.
- 15:00 - Afternoon fitness class
- 16:30 – Healthy afternoon tea prepared by chalet chef
- 17:30 - Evening cool down yoga
- 19:00 - Scrumptious 4 course Savoyard supper.

#### Day 3

- 07:00 – Morning Yoga session following by breakfast
- A full day to enjoy the alpine environment in Chamonix, taking up skiing in the winter months or hiking in the summer.
- 16:00 – **Nutrition Seminar** accompanied by healthy afternoon tea prepared by chalet chef
- 17:30 – Evening Yoga session
- 19:30 - A relaxing 4 course banquet and an evening of down time either with in house massages, spa time or movies.

#### Day 4

- 07:00 – Energising work out class followed by breakfast
- A full day to enjoy the alpine environment in Chamonix, taking up skiing in the winter months or hiking in the summer, or you may decide to use today to enjoy the chalets amazing spa facilities or outdoor swimming pool during the summer months!
- 16:00 – Healthy afternoon tea prepared by chalet chef
- Evening and dinner at our leisure.

#### Departure Day

- 08:00 – Yoga and Meditation followed by HIIT workout
- 10:00 – Brunch before heading back to reality!

#### Including:

- Chalet Accommodation
- Champagne and canapés reception
- Private chefs providing daily breakfast, afternoon tea, and 3 evening meals
- Wine allocation of 1 bottle wine per person per night
- Complimentary beers and soft drinks
- Private resort driver service
- Hostess's to serve meals and provide daily housekeeping
- 2 x 8-seater private return transfers from Geneva airport

#### Not included:

- Fitness sessions and instructors provided by you
- Nutrition Seminar - €POA
- Extra activities for your clients
  - Lift passes
  - Ski/equipment hire
  - Ski instructors / guides
  - Additional activities

#### **Get in touch:**

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