



WILDNESS & YOGA EXPLORATION

MOUNTAIN FLOW
ALPINE YOGA & HIKING RETREAT
WITH
GIEDRE APUOKAITE

JUNE 25 – 28, 2026
SAAS-FEE, SWITZERLAND

SET HIGH IN THE SWISS ALPS, SURROUNDED BY GLACIERS AND DRAMATIC MOUNTAIN SCENERY, THIS YOGA AND HIKING RETREAT INVITES YOU TO SLOW DOWN AND RECONNECT WITH YOURSELF THROUGH MOVEMENT AND NATURE. GUIDED YOGA PRACTICES, ALPINE HIKES, AND RESTORATIVE MOMENTS AT THE CAPRA CREATE A RHYTHM DESIGNED TO BRING BALANCE, CLARITY, AND RENEWAL.



SPACE TO MOVE AND BREATHE

AMID THE QUIET POWER OF THE SWISS ALPS, THIS RETREAT INVITES YOU TO STEP AWAY FROM DAILY DEMANDS AND RETURN TO A MORE NATURAL RHYTHM. THROUGH A COMBINATION OF YOGA, GUIDED ALPINE HIKES, AND RESTORATIVE MOMENTS, THE PROGRAM ENCOURAGES BALANCE, CLARITY, AND RENEWED ENERGY. IT IS A SPACE TO MOVE, BREATHE DEEPLY, AND RECONNECT WITH BOTH NATURE AND YOURSELF.



WHAT MAKES THE MOUNTAIN FLOW RETREAT UNIQUE

GUIDED BY GIEDRE APUOKAITE

YOGA TEACHER GIEDRE APUOKAITE BRINGS A GROUNDED AND DYNAMIC APPROACH TO MOVEMENT INSPIRED BY HER INTERNATIONAL BACKGROUND AND LOVE OF ALPINE LANDSCAPES. AS AN AVID HIKER AND OUTDOOR ENTHUSIAST NOW BASED IN SWITZERLAND, SHE DRAWS INSPIRATION FROM NATURE AND THE RESTORATIVE POWER OF ALPINE LANDSCAPES.

PEAK HEALTH AT THE CAPRA

PEAK HEALTH, THE CAPRA'S WELLNESS PARTNER OFFERS A SCIENCE AND EVIDENCE BASED, HOLISTIC APPROACH TO WELLBEING. LED BY EXPERT PRACTITIONERS AND INSPIRED BY THE HEALING POWER OF THE ALPS, IT FOCUSES ON FIVE CORE PILLARS, SLEEP, NUTRITION, EXERCISE, MENTAL RESILIENCE, AND HABITS TO RESTORE BALANCE AND BUILD LASTING VITALITY.

THE CAPRA

THE CAPRA IS AN AWARD-WINNING FIVE-STAR SUPERIOR BOUTIQUE HOTEL KNOWN FOR ITS PERSONALIZED SERVICE, TRANQUIL LUXURY, AND REFINED ALPINE ELEGANCE. A PROUD MEMBER OF SWISS DELUXE HOTELS AND HOLDER OF TWO MICHELIN KEYS, IT OFFERS AN EXCEPTIONAL BLEND OF COMFORT, WELLNESS, AND UNDERSTATED SOPHISTICATION.

SAAS-FEE

NESTLED HIGH IN THE SWISS ALPS, SAAS-FEE, REFERRED TO AS THE "PEARL OF THE ALPS", IS A CAR-FREE MOUNTAIN VILLAGE EMBRACED BY TOWERING PEAKS, PRISTINE GLACIERS, AND UNTOUCHED NATURAL BEAUTY. WITH OVER 300 DAYS OF SUNSHINE, PURE ALPINE AIR, AND A SERENE, UNHURRIED PACE OF LIFE, SAAS-FEE OFFERS AN IDEAL SETTING FOR BOTH INNER STILLNESS AND PHYSICAL RENEWAL.



SCHEDULE

EACH DAY IS THOUGHTFULLY CURATED TO NOURISH BODY AND MIND, BEGINNING WITH QUIET RITUALS, UNFOLDING INTO MOVEMENT, NATURE, AND CARE. FROM NUTRITIOUS SUNRISE BLENDS TO ALPINE HIKES, GUIDED CLASSES, AND SPA TIME, THE RHYTHM INVITES RESTORATION AND PRESENCE.



THURSDAY, JUNE 25, 2026

15:00 - 17:00 ARRIVAL & CHECK-IN
18:30 - 20:00 WELCOME DINNER
20:00 - 21:00 EVENING YIN YOGA

FRIDAY, JUNE 26, 2026

8:00 - 9:00 MORNING YOGA PRACTICE
9:15 - 10:15 BREAKFAST
10:30 - 14:00 GUIDED ALPINE HIKE
14:00 - 19:00 SPA AND LEISURE TIME
19:00 - 20:15 DINNER
20:30 - 21:30 EVENING YIN YOGA

SATURDAY, JUNE 27, 2026

8:00 - 9:00 MORNING YOGA PRACTICE
9:15 - 10:15 BREAKFAST
10:30 - 14:00 GUIDED ALPINE HIKE
14:00 - 19:00 SPA AND LEISURE TIME
19:00 - 20:15 DINNER
20:30 - 21:30 EVENING YIN YOGA

SUNDAY, JUNE 28, 2026

8:00 - 9:00 MORNING YOGA PRACTICE
9:15 - 10:15 BREAKFAST
11:00 - 12:00 CHECK-OUT

WHAT IS INCLUDED & PRICES

CAREFULLY CURATED TO COMPLEMENT YOUR STAY, THE FOLLOWING INCLUSIONS GO BEYOND STANDARD AMENITIES, REFLECTING OUR COMMITMENT TO NOURISHMENT, CARE, AND RENEWAL, SO YOU FEEL SUPPORTED AND DEEPLY CARED FOR THROUGHOUT YOUR JOURNEY.



INCLUDED

- ALL ACTIVITIES, OUTLINED IN THE SCHEDULE
- TWO COURSE NOURISHING BREAKFAST, FEATURING WHOLE GRAINS AND PROTEIN-RICH OPTIONS, DESIGNED TO STABILIZE GLUCOSE AND PROVIDE ENERGY
- PACKED LUNCH FOR THE HIKE
- TWO COURSE DINNER, MAINLY PLANT-BASED, DESIGNED TO SUPPORT GLUCOSE BALANCE AND DETOXYFY
- COMPLIMENTARY TRANSFER TO AND FROM SAAS-FEE ARRIVAL POINT
- 20% OFF SPA TREATMENTS

PRICES

- SINGLE OCCUPANCY: CHF 1,750*
- DOUBLE OCCUPANCY PER PERSON: CHF 1,300*

OPTIONAL ROOM UPGRADES (PER DAY):

- SIGNATURE JUNIOR SUITE: CHF 90
- SIGNATURE SUITE: CHF 240

*RATES INCLUDE VAT AND SERVICE. THE TOURIST TAX IS CHF 7 PER PERSON PER DAY AND WILL BE CHARGED UPON CHECKOUT

** SUPPLEMENTAL COST

TO BOOK YOUR STAY, PLEASE EMAIL RESERVATION@CAPRA.CH