



## Trekking, Yoga and Massage Wednesday to Sunday in the area around Verbier

This is a trip organised as a combination of Trekking, Yoga Classes and Massage. Each client will get one full Body Massage and one Foot Treatment during the trip. We do trekking (6-7 hours a day) and start every day with a Yoga Class before we have a nutritious and tasty breakfast.

Arrivals are on Wednesday afternoon and departure on Sunday afternoon.

You stay in your own accommodation in Verbier where we also do the Yoga and the massage.





On **Wednesday** we start with a Yoga Class where we introduce ourselves and the program. In the evening we have dinner in one of the local restaurants in Verbier.

**Thursday.** After a morning Yoga class we trek in the surrounding area and return to Verbier.





On **Friday and Saturday**, we do a two-day-trek and stay overnight in one of the high mountain refuges in the area. We sleep in a dormitory and dinner is served in the evening.

When we get back to Verbier on Saturday I invite you all to a Foot Treatment where the whole group sits together. I serve drinks, snacks and fruit while you are enjoying the Foot Treatment.

On Thursday and Saturday we have dinner in local Restaurants in Verbier.

On **Sunday** the Yoga Class will be a bit longer before checking out and departure.

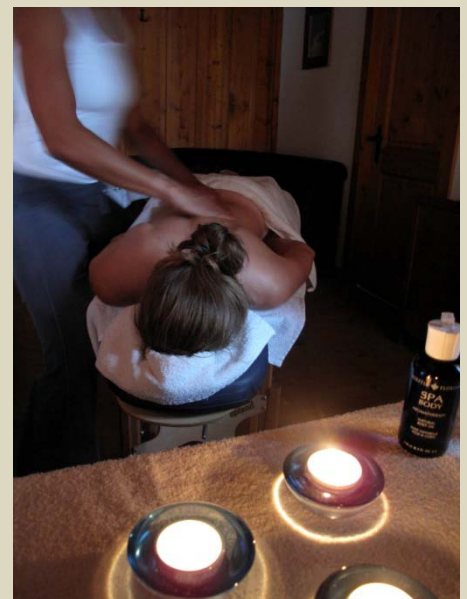




#### Treatments/Massage

A Full Body Massage using the Swedish technique. This massage includes muscle stretching to prevent strains if necessary.

Nice and calming Foot Treatment, that includes a refreshing foot bath, an exfoliating foot peel, a relaxing Foot massage, leaving you feeling rejuvenated.





**Cecilia Swensson** lives in Verbier and work as professional Ski Instructor at the Swiss National Ski School and she is also a fully educated Masseuse and licensed Yoga Teacher. She is a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan and China. Cecilia has been offering Trekking trips with Yoga and Massage in Verbier, Italy and Norway since 2006.

**Price:** As a private group we discuss what you want your days with me to include. I set a price depending on that and on how many you are in the group.