



**SOULSHINE SNOW YOGA  
ADVENTURES**

January – April 2017

La Rosière, France

Retreat package prices from £1,190 per person

**SOULSHINE  
RETREATS®**

[www.Soulshineretreats.com](http://www.Soulshineretreats.com)

**THE PERFECT  
PLACE TO**  
REST/STRETCH  
/RELAX/CHILL/  
PAMPER/EAT/  
LEARN/RESTORE  
/LAUGH/ESCAPE/  
ADVENTURE/  
UNWIND.





## THE PERFECT PLACE TO LET YOUR SOUL SHINE.

Invigorate your mind, body and soul with an unforgettable week in the Alps. We've put together an experience jam-packed with loveliness to encourage you to leave the hubbub of daily life behind. Our deliciously holistic week of Yoga, meditation and snow sports will help you relax and enjoy your time in the mountains to the max. Expect fun-filled days on the slopes, Yoga and meditation to soothe the muscles and mind, delicious cuisine, hot tubs, saunas, gorgeous views, log fires and laughter with like-minded souls.





# THE PERFECT PLACE TO TREAT YOURSELF.

We'd love you to join us no matter your level of Yoga, skiing or snowboarding. Our retreats are small, under ten guests, so we have plenty of time to give you oodles of personal attention and provide a bespoke experience to suit your personal needs.

We promise to utterly pamper and care for you, so you can be fully present with us here in the mountains and enjoy the perfect combination of Yoga and skiing. Together they create a powerful workout of the physical, the mental and the spiritual with a stunning backdrop of natural beauty.

We promise to give you the time and space so you can let go of any worries and stress and have a wonderfully restorative, relaxing and fun break from your everyday life. The entire Soulshine team shares one simple intention – to spoil you rotten!

## **YOUR 30-MINUTE MASSAGE**

Included in our holistic package is a 30-minute deliciously pampering massage with options to upgrade to 60 or 90 minutes. The perfect treat for those muscles after a day on the slopes!



# THE PERFECT PLACE TO RELAX.



We want to pamper and care for you so we've handpicked the beautiful and traditional Chalet Montperron as our Soulshine alpine home. Set in rural tranquility, surrounded by woodland, perched on the cliff overlooking the beautiful Tarantaise valley and with 180 degrees of panoramic views, Chalet Montperron is just perfect for indulging in some serious relaxation.

Our chalet is full of original features, with an open fireplace, classic Baroque stone, exposed beams and views from most of the rooms, revealing the stunning vista of Bourg St Maurice. After a fun-filled day on the slopes you might want to sneak in a sauna, a dip in the hot tub, enjoy your free 30-minute massage, or maybe just lounge with a book and another cuppa' in front of the fire before the evening Yoga session.

We have carefully chosen this chalet for our Yoga retreat experience as it provides the perfect space to unwind and relax away from the hubbub of the world, allowing you to take the time to truly engage with your surroundings and the stunning nature of the Alps. Our aim is to provide you with the time and space to totally relax so that you can let go of any worries and stresses and have a relaxing, restorative and fabulously fun break, whilst being totally spoilt by our dedicated chalet team.

**The perfect place to make new friends.**

We pride ourselves on creating enormously friendly and social experiences and we're very happy that we really seem to attract just the loveliest people. Many of our guests choose to travel independently and share a room (with someone of the same gender, of course) and we're so proud of all the friendships that we have seen flourish on retreat.





## THE PERFECT PLACE TO EAT WELL.

*"Truly wonderful retreat!  
The Soulshine Team were  
passionate and brilliant about  
Yoga and transformation.  
I love your approach to the  
Yoga session and ensuring everyone  
felt at ease and at home.  
Thank you so much."* LORRAINE

We've devised a menu that includes hearty Alpine fare with a healthy twist of superfoods and wholesome ingredients to balance out the temptations of the traditional French and Italian cuisine (that you'll be able to feast on during your days on the slopes!).

Breakfast includes cleansing fresh juices, a continental spread and hot options; and after a hard day on the slopes we make sure you're treated to lovely homemade cakes and tea to boost your energy levels.

Dinner is a feast of deliciously filling, freshly prepared home cooking. Our hearty three course meals are served with selected local wines. On one night you'll also have the chance to try out our favourite local restaurant in resort.

**Our team are pretty amazing at accommodating dietary requirements so do let us know your needs and we'll do our best!**



## THE PERFECT PLACE TO BREATHE DEEP.

Our experienced and passionate Yoga teachers will guide you on a deep journey of the mind, body and soul. We'll make sure everyone is gently challenged with adaptations and options, whether you are a beginner or experienced yogi.

We greet the day with a dynamic Vinyasa flow session to warm up the muscles and awaken our minds for a day on the slopes. When we return to the chalet we treat those well-worked muscles to a mindful practice of healing Yin Yoga in front of the log fire. We find these restorative poses help minimise those morning aches so familiar after a day on the slopes (Be gone heavy morning legs!).

The evening practice also incorporates deeply relaxing Yoga Nidra guided meditations for a truly wonderful combination.

**Beginners:** You are so welcome and we really encourage beginners to join. We provide different levels and options in each class to keep everyone gently challenged and constantly learning. It's a fantastic way to build a strong foundation if you are new to Yoga – so you can continue practicing on your return home.



# THE PERFECT PLACE TO STRETCH THOSE MUSCLES.



Although our days start and end with Yoga, the daytime is all about snow. La Rosière is a charming alpine resort at an altitude of 1,850m with a wide variety of runs. It also enjoys heavy snowfall and lasting conditions but do expect lots of sunshine because with its south facing locations, La Rosière is an especially sunny resort!

Our season runs from January to April and we've teamed up with Green Rides to make sure your snow experience is top notch. Our chalet team provide private transfers to the slopes, which are just 12 minutes away and on-site facilities include ski hire and fitting, so it's completely hassle-free.

If you are travelling alone or not sure you can keep up then please don't worry, the group tends to meet for lunch or hot chocolate stops throughout the day. And if you want to brush up those skills with a few lessons just let us know and we can arrange those too.

Whether you are looking for gentle runs, exploring the region, off-piste adventures or heli-skiing we can help arrange it all. The following guide demonstrates the full range of runs available, no matter what your level:

**Beginners:** Complete beginners will soon make quick progress on the green runs by the Clarines and Lievre Blanc lifts. The wide open blue pistes just above La Rosière are then perfect for finding your feet and getting to grips with the turns, especially under the guidance of the expert local ski school.

**Intermediates:** This international ski area is ideal for intermediates that wish to clock up some mileage. Ski up to the Petit Saint Bernard Pass and the area around La Belvedere where there are some great blue and red runs. Take the Nouva and San Bernardo runs, a total of 11kms, down to the village of La Thuile for a pasta lunch in Italy before returning via the Belvedere chairlift, back to France.

**Advanced:** There are a total of 12 black runs in the international ski area as well as a fully patrolled off piste snowzone for experienced skiers and boarders. On the Italian side it is also possible to do heli-skiing (usually January to April) on the Ruitor glacier or the Miravidi for any skier who relishes a challenge.





# THE PERFECT PLACE TO BE UTTERLY LOOKED AFTER.

Our aim at Soulshine HQ is to spoil you absolutely rotten! That's why you will have a dedicated Soulshine Team to ensure that every stage from booking enquiry to the organisation of ski classes, purchasing of ski passes and arranging equipment is totally hassle-free. During your retreat, you can expect to be utterly cared for by our specialist on-site Soulshine host, who will ensure the smoothest running of your retreat. That's in addition to the on-site chalet team who will be keeping your Soulshine home for the week in tip-top condition and preparing a stream of delicious meals to keep bellies happy!

## Ski Passes

We will organise the purchase of a ski pass ahead of your Soulshine break. The cost is £190 per person (or £160 for +60 years) and includes Carte Neige (mountain rescue) insurance. (Please note: prices may change according to exchange rates). This ski pass allows you to ski the whole area of La Rosière as well as the ski area of La Thuile in Italy. We love popping over there for a delicious Italian lunch.

If you are a very experienced skier, you might want to explore the whole region and journey a little further afield to explore all the areas available such as St Foy (20 minutes by car), Les Arcs (20 minutes to the chairlift to take you to the area), Val D'Isere or Tignes (30 minutes by car). The options really are endless!

If you are interested in exploring a wider range of slopes, we are happy to help you arrange the appropriate pass.

"I needed to escape London life and I couldn't have come to a more welcoming and fulfilling place to do so. Thank you so much for the wonderful experience and I cannot wait for the next one!" **EMILY**

## Ski Hire

If you don't have your own equipment then we will happily organise ski hire in advance of the holiday. There will be a session to fit the equipment when you arrive at the chalet, so you'll be all ready to get on the slopes ASAP on the Monday!

If you have your own equipment then you're also very welcome to store it in our warm and secure boot storage at the chalet. Just don't forget to add 'Sports Equipment' on to any travel bookings!

**Guide Price:** Ski hire costs range from around £75-130 per person (dependent on your level of experience and requirements).

## Ski or Boarding Lessons

We recommend using the ski/boarding school Ecole du Ski Francais (ESF) in La Rosière for your coaching requirements. We will be on-hand to organise any class requirements in advance of your retreat to ensure that you don't have a thing to worry about. You can check the ESF website at [www.ski-school-larosiere.co.uk](http://www.ski-school-larosiere.co.uk) for further information.

**Guide Price:** You can expect to pay somewhere in the region of £150-£230 for a week of group classes.



"After feeling a little apprehensive about my first solo holiday, the holiday exceeded all my expectations. I made new friends and had so much fun. The Soulshine Team made me feel safe and secure at all times and I had a wonderful feeling of being totally nurtured! I look forward to my next trip" SUE

## THE PERFECT PLACE TO HAVE FABULOUS FUN.

The following is a guide to our Soulshine Snow Yoga Adventure schedule. It's just the most perfect way to spend a day...

7:15	60-minute Dynamic Vinyasa Flow class to warm up our bodies and minds and get us raring to go for a fantastically fun-filled day
8:15	Delicious breakfast to stoke our energy for the day ahead on the slopes
8:45	First run to the ski lift for the early birds keen to get on the mountain & ski school
9:30	Second run to the ski lift for those running on a slightly more relaxed pace!
9:30-17:00	Fun times on the slopes
17:00	Collection from the ski lift to return to the chalet (earlier collections can also be arranged)
17:00-18:30	Time to relax, unwind, perhaps grab a cheeky massage, sauna or hot tub and enjoy some homemade cakes and tea
18:30	75-minute restorative Yoga session to unwind the body and mind
20:00	Time for our wholesome and delicious evening dinner feast in the company of old and new friends



## WHAT'S INCLUDED?

We've joined forces with reputable operator Green Rides and our extensive experience of running holistic wellness retreats means we've put together a package we think you'll love. We want you to relax and enjoy your time with us whilst being utterly spoilt by our dedicated chalet team.

### The Soulshine Snow Yoga Adventure Package

- 7 nights accommodation in the rural tranquillity of a traditional chalet surrounded by woodland, perched on the cliff overlooking the beautiful Tarantaise valley and with 180 degrees of panoramic views
- Daily 60 minute Morning Yoga session to awaken the body and mind for a day on the slopes
- Daily 75 minute relaxing Yin Yoga and Meditation evening session in front of a log fire to unwind and stretch out the body, avoiding any aches and pains and staying supple and strong for the slopes
- A 30 minute pampering massage treatment to ease the body and soothe the soul
- 5 yummy healthy morning juices to get you set up for a day on the mountains
- 6 mornings of delicious continental breakfast with a healthy twist
- 6 nights of gourmet 3-4 course meals with selected wines (with one free night to explore the village)

*"This retreat has completely fulfilled my hopes and dreams of a Yoga & skiing holiday. Thank you so much Soulshine Team - I will most definitely be back"* CATHY

- Homemade cakes with tea every afternoon
- A private sauna and hot-tub
- Complimentary transfer from Geneva Airport to our Soulshine chalet
- Organisation of ski passes, on-site ski/snowboarding equipment hire and classes
- All Yoga equipment
- Daily morning and evening shuttle service to and from the resort
- Gorgeously small groups of under 10 guests for maximum attention both on and off the Yoga mat
- An onsite Soulshine Host to look after your every need in addition to our on-site Green Rides chalet experts. You'll feel totally pampered and looked after!

So, the only extra costs that you'll have to think about are...

- Ski-pass and ski equipment hire (bring your own gear if you have it!)
- Flight and travel insurance (make sure it covers winter sports)
- Daily lunches on the slopes and one evening meal in the village
- Ski lessons, off piste or heli-skiing adventures
- Excursions, day trips and any extra treats.



## SOULSHINE PRICES 2017

Our Soulshine Snow Retreat Chalet has four gorgeously cosy and rustic bedrooms. They are all ensuite with stunning views over the Tarantaise valley.

TWIN ROOM	£1,290 (includes VAT)
TRIPLE ROOM	£1,190 (includes VAT)
SOLE OCCUPANCY	£1,935 (includes VAT)

### Room sharing?

You don't need to travel with a friend to benefit from the room-sharing prices, as the vast majority of our guests are independent travellers and choose to share with a like-minded Soulshiner (same gender of course). We are very happy and proud to say that we attract the loveliest people and have seen many a friendship grow and flourish on our Soulshine Retreats.

### Don't fancy sharing?

Never fear, you can pay an additional 50% charge for sole occupancy (limited availability).

### Bringing a friend?

Book together and you'll both receive an upgrade to a 60-minute massage (woohoo!).

"I've been converted to a Snowgi!!  
I love the combination of Flow Yoga, skiing and Yin Yoga. The retreat has deepened my Yoga practice and my skiing has also improved as a result of the yogic preparation. My heartfelt gratitude and appreciation goes out to the Soulshine Team for making this such a magical week." MARK

### Amazing Early-Bird Savings

If you need any more excuses to join us for this fantastically fun-filled Soulshine week in the mountains, we're also running some incredible early-bird deals. Book right this very second to avoid missing out.

#### Super Early Bird

Our first 20 bookings receive a free ski pass worth £190. A gigantum saving and definitely not one to miss out on.

With the ski pass included, your package works out as £1,290 Twin Room / £1,190 Triple Room.

#### Early Bird

Our next 20 bookings will receive a massive £100 discount on their overall retreat.

With a £100 discount, your package works out as just £1,190 Twin Room / £1,090 Triple Room.

#### Early-ish Bird!

And the next 20 bookings will receive a tasty £50 discount.

With a £50 discount, your package works out as just £1,240 Twin Room / £1,140 Triple Room.

We have a limited amount of solo occupancy available, please contact our bookings team for availability and prices.



# SOULSHINE SCHEDULE 2017

"Combining skiing and  
Yoga has been awesome!  
I'm returning with a  
healthy body & mind.  
Thank you Soulshine!" SUSIE

Our retreats are Sunday to Sunday from January to April 2017, and we offer a hassle-free transfer\* service from Geneva airport. Visit the [Soulshine Retreats Calendar](#) to check dates.

\*Please note, in order to benefit from the included airport transfer, you will need to arrive and depart between specific times. We will provide all the necessary information on enquiry and booking and will be on hand to assist with any logistic queries before you book your flight.

### **Next steps - how to book**

We hope that you are as excited about joining a Soulshine Snow Yoga Adventure as we are! Please don't hesitate to email the Soulshine Team on [hello@soulshineretreats.com](mailto:hello@soulshineretreats.com) to ask any questions or progress your booking, as we are always so happy to help.

We look forward to hopefully seeing you some place snowy very soon!

With all our love

♡ Soulla &  
Team Soulshine x



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