

WISLaw Alpine Weekend 3rd edition



Vals, Switzerland
Exceptionally Natural
@Hotel Steinbock



• YOGA, HIKE & COMMUNITY •

JUNE
18 - 19, 2022

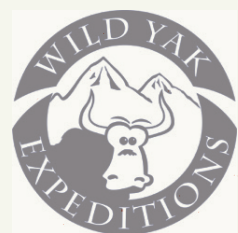
Join us for 2 days of relaxation & adventure!

Presented by Wild Yak Expeditions
info@wildyakexpeditions.com



Dream...Explore...Discover...





Refill your Energy



SATURDAY, 18 JUNE 2022

- as of 10.30 AM • Individual Arrival to Vals by car/train
- 10.30 - 11.00 AM • Welcome & bag drop off at Hotel
- 11.30 AM • Hike & Lunch with Andrea
- 4 PM • Return to Hotel, check-in
- 5 - 6 PM • Yin Yoga with Val
- 6.30 PM • 4-course dinner



SUNDAY, 19 JUNE 2022

- 8- 9 AM • Morning Yoga with Val
- 9.30 AM • Mountain Breakfast
- 11.00 AM - 1 PM • Hike with Andrea
- 2 PM • Spa @ Vals Thermal Baths
(optional - you can also do a hike or explore the area)

Individual return when you wish

FOR REGISTRATION AND INFO
INFO@WILDYAKEXPEDITIONS.COM • 079 478 83 21
WWW.WILDYAKEXPEDITIONS.COM
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Registration

• ALL IN CHF 550.-* •

YOU RELAX, WE TAKE CARE OF THE REST INCLUDED

- 1 night in double room** & all meals as mentioned
- 2 Yoga sessions with Valérie (all sessions are optional & no yoga experience necessary)
 - 2 Guided Hikes with Andrea
 - Jacuzzi & Sauna @hotel
- Excluded: beverages & transportation & optional Vals Thermal Baths on Sunday afternoon (+ CHF 50.-/person)

- Registration until 20 May 2022 -

*Price is based on min. 6 participants - additional charge in case min. number of participants is not reached is + CHF 30/person.

**Price is based on double room. Single room for CHF 600.-. All prices per person, and upon availabilities.

Parking & all taxes incl.

Payment: 75% of the amount upon confirmation. 25% of the amount 15 days before.

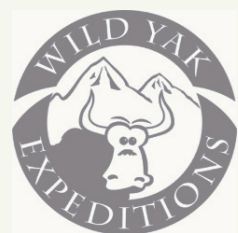
Cancellation: 29-15 days before, 15% refund. 14-0 days before, no refund.

Last but not least: the latest COVID sanitary measures from the Swiss Government will be followed during the entire weekend.

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About Your Hosts



ANDREA SHERPA-ZIMMERMANN

Travel designer, sports lawyer, former elite athlete and mountaineer, Andrea reconciles her professional life between the Court of Arbitration for Sport (CAS) in Lausanne and the company co-founded with her husband Norbu Sherpa, specialising in the organisation of journeys to the Himalayas WILD YAK EXPEDITIONS & LUXURY.

In addition to her professional commitments, she loves to share her passion for mountains and sports in the Alps and the Himalayas. It is there, that in 2016, she climbed the highest peak of the World with her husband. She became the 9th Swiss woman to join the exclusive circle of women mountaineers who have climbed Mount Everest.

Very sensitive to the cause of the Sherpa population and the education of children of the mountains of Nepal, Andrea presides over the Swiss charity organisation "The Butterfly Help Project" that she co-founded in 2015 with her husband. The Association is mainly supporting the children of the Climbing Sherpas who died tragically in the mountains. Since the 2015 earthquake, the Association has enlarged its support in the reconstruction of some of the 5600 schools, which were destroyed.

 [wild_yak_expeditions](https://www.instagram.com/wild_yak_expeditions)



VALÉRIE HORYNA

Valérie is a sports lawyer originally from Zürich & now has her own sports law consulting company, SportsLex Yoga is a wonderful balance to her intensive career and helps her enormously to remain calm & focused. She followed her passion for yoga since 2014 and completed her yoga teacher training in Lombok, followed by a recent Yin teacher training. Her classes are both dynamic & calm and combine strength & flexibility. You will immerse yourself in a moving meditation and completely forget your everyday stress.

 [yunion_yoga](https://www.instagram.com/yunion_yoga)

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