



# Being Wild: A Yogā Retreat

June 2025  
Monday 23/06 to  
Saturday 28/06



Kaleidoscope  
Yoga

# Accommodation

The retreat will take place at a gorgeous, recently renovated, 100 year old, school building sitting above the village of St. Jean D'Aulps.

It is a large & spacious chalet\*, with beautiful stone walls, wooden beams, & a wood fired hot tub. Bedrooms offer comfy beds, & luxury linens. Outside there is space for our yoga practice & sun lounging. We also have an indoor yoga space, just in case the weather isn't cooperating.

## Prices are per person:

Private ensuite: £1200 **£1000**

Shared ensuite: £825 **£675**

Triple ensuite & family rooms: £700 **£600**

The family room is one room with king bed and one room with 2 twins sharing a bathroom\*\*

**Early Bird Rate until 1<sup>st</sup> of October 2024**

## Cost includes:

5 nights luxury accommodation

Daily yoga sessions

Daily brunch & dinner (4 nights, one night out for dinner)

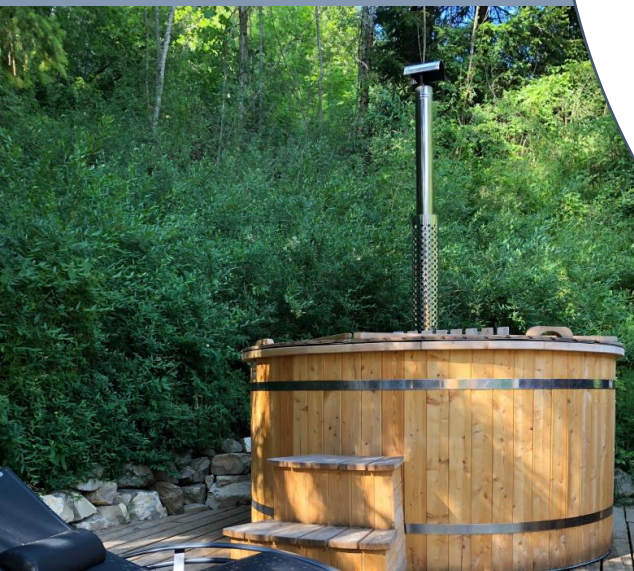
## Not included in the price:

Travel & transfers

Optional beverages, 1 meal out & excursions/activities/therapies

\*there is no cleaning/linen service during your 5 night stay

\*\*£250 single supplement will be added for single occupancy in family rooms



# The Yoga

## Morning Sessions

A dynamic practice designed to stretch, strengthen & prepare you for the day's adventures.

## Evening Sessions

A Satsang practice which can involve chanting, meditation, conversations, restorative and yoga nidra. This will be a time to come together as a group to reflect on & celebrate the day.

pictures are from previous retreats in the Lake District, Spain, Turkey & Italy



# Being Wild

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity"

John Muir

This retreat is designed to connect you to the wild. When possible our yoga sessions will be outdoors. There are tons of optional, free, activities available. Wild swimming, walking, hiking, or just laying down in an alpine meadow.

Optional activities (additional cost):

Stand up paddle board yoga & paddle boarding

Horseback riding

Rafting

Kayaking

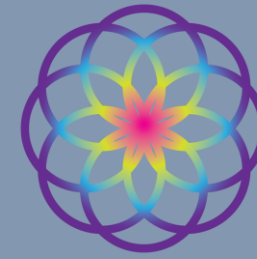
and more...

# All the other bits....

- ❖ All our meals will be vegetarian & all diets can be accommodated. Our French chef is trained in nutrition so we can expect yummy, wholesome, meals.
- ❖ There is LIMITED YOGA EQUIPMENT at the Chalet. This is not a purpose built yoga retreat centre. Please bring anything you need for practice.
- ❖ The chalet does not have a license to sell alcohol, only to serve alcohol. You are welcome to purchase anything you like in the village and bring back to the chalet.
- ❖ Our chalet is located 15 minutes from Morzine in a small hamlet above the village of St Jean D'Aulps, part of the Portes Du Soleil in the Haute Savoie region of France in the French Alps. St Jean D'Aulps can be reach by car in a couple minutes, or a 20-30 minute walk. This is in the heart of the Unesco Geoparks Chablais, filled with stunning viewpoints, trails, lakes, waterfalls & the famous Gorges du Pont du diable.
- ❖ The closest airport is Geneva, just over an hour away. A transfer can be arranged, or you can rent a car, as the chalet has parking spaces. **Transfers will incur an additional fee.**
- ❖ Book any flight that works best for you but ideally arriving by early afternoon for lunch and yoga practice on 23/06 and departing after mid day on 28/06.
- ❖ Since this is a 5 day retreat perhaps arrive in Geneva a few days early, or stay a little later to explore.
- ❖ If you are travelling from Newcastle currently (spring 2024) Newcastle airport does not operate a direct flight to Geneva but there are daily direct flights from Edinburgh on EasyJet.



Hi, I'm Kate an American, but UK based yoga teacher and creator of Kaleidoscope Yoga. I've been teaching since 2009 and leading retreats since 2011. I've trained with the British Wheel of Yoga, & also completed a specialist Vinyasa Flow training. I'm honoured to be registered as a Senior Yoga teacher with Yoga Alliance.



# Kaleidoscope Yoga

My classes are a fusion of all my influences & inspirations. Sessions include philosophy, pranayama & creative sequencing. The focus is not on being an acrobat, but connecting to your Self. I wish for students to leave class feeling empowered, connected & amazing.

For more information about me visit my website:

[www.kaleidoscopeyoganewcastle.com](http://www.kaleidoscopeyoganewcastle.com)  
[kaleidoscopeyoga@gmail.com](mailto:kaleidoscopeyoga@gmail.com)/07972775711

Testimonials and pictures of previous retreats can be viewed on the facebook page: [www.facebook.com/kaleidoscopeyoganewcastle](http://www.facebook.com/kaleidoscopeyoganewcastle)



# Terms and Conditions

When booking the customer agrees:

- ❖ To pay a non refundable\* deposit of £150 for a shared room or £250 for a private room in order to secure a place on the retreat.
- ❖ To pay the final balance by the 15<sup>th</sup> of April 2025. Cancellations after this date will need to be claimed on travel insurance include Covid cancellations.
- ❖ To be aware that price does not include optional excursions, therapies, flights, transfers, meals off site, alcoholic beverages.
- ❖ To be responsible for arranging & booking flights to Geneva. In the event of flight delays, cancellations, or missed flights, neither the venue or Kaleidoscope Yoga shall be held responsible for any liability or refund to the customer.
- ❖ The customer's travel/cancellation insurance should be valid from the time of booking the retreat & flights.\*\*
- ❖ To provide emergency contact details & dietary requirements.
- ❖ To provide information on health conditions/injuries.
- ❖ To ensure that he/she is medically & physically able to participate in sessions & accept full responsibility for their own health & safety.

\*In the event of cancellation by Kaleidoscope Yoga, the deposit may be refunded to the customer or to be held over for an alternative retreat.

\*\*in the event that Kaleidoscope Yoga cancels the holiday this will ensure a full refund is provided for flights & the holiday.

Contact Kate at: [kaleidoscopeyoga@gmail.com](mailto:kaleidoscopeyoga@gmail.com)  
with any queries or to book your place.



See you in the Alps!

