



"From the Ground"
UP!

A YOGA RETREAT

MAY 29 - JUNE 1

IN OUR STUNNING SWISS ALPS
WITH SOPHIE LUFKIN &
JOANNA LANCASTER



"FROM THE GROUND UP"

MAY 29TH-JUNE 1ST CHAMPERY SWITZERLAND

RISING ROOTED - A SERIES OF WORKSHOP AND ASANA CLASSES IN OUR STUNNING SWISS ALPS DURING THE BANK HOLIDAY OF THE "ASCENSION"

SOPHIE LUFKIN & JOANNA LANCASTER COME TOGETHER TO SHARE THEIR LOVE FOR MOVEMENT, BREATH & CONNECTION, AS WELL AS PHILOSOPHY, AND PSYCHOLOGY. BOTH HAVE MORE THAN 20 YEARS OF DAILY YOGA PRACTICE AND HAVE TRAVELED THE GLOBE EXTENSIVELY, SEEKING OUT INSPIRING TEACHERS AND MENTORS WHO HAVE SET THEM ON THEIR OWN FABULOUS JOURNEY OF SELF-DISCOVERY. THE PATH OF YOGA.

DURING A LONG WEEKEND IN MAY 2025, SOPHIE AND JOANNA CO-CREATED A DIFFERENT RETREAT TO SHARE THE SKILLS THEY HONED IN A SERIES OF PLAYFUL WORKSHOPS AND FOCUSED ASANA CLASSES. JOIN THEM TO LEARN MORE ABOUT YOGA, SHARE YOUR KNOWLEDGE AND LIFE EXPERIENCES DURING TALKING CIRCLES, OR BE INSPIRED BY NEW IDEAS, AND MEET OTHER BEINGS EQUALLY ENTHUSIASTIC ABOUT TAKING THE TIME TO BE, FEEL, AND BREATHE. A MOMENT IN NATURE TO PAUSE, RESOURCE, AND GROW.

COME TO PERFECT YOUR INVERSION SKILLS OR TO LEARN HOW TO BUILD A SUSTAINABLE YOGA PRACTICE THAT WILL LEAD YOU TO INVERTING. NO NEED TO MASTER HANDSTANDS TO BE PART OF THIS ADVENTURE, AND NO NEED TO INVERT ALTOGETHER! THIS RETREAT IS OPEN TO ALL EXCEPT COMPLETE BEGGINERS.

THESE FEW DAYS WILL BE ABOUT COMMUNITY, THE YOGA FAMILY, EATING HEALTHILY, VEGETARIAN FOOD CURATED BY A WONDERFUL CHEF, AZIADE WHO IS TRAINED BY A MICHELIN STAR MENTOR, NICOLAS DARNAUGUILHEM. THERE WILL BE TIME FOR HIKES, REST AND TO INDULGE IN ONE OF THE 2 WOODEN SAUNAS.

THE EVENT TAKES PLACE IN A MODERN YET COZY CHALET, THE YOGA PRACTICES AS WELL AS ALL OTHER CLASSES ARE HELD IN A WARM WOODEN SHALA FACING A DRAMATIC VIEW, THE ONE OF OUR BEAUTIFUL MOUNTAINS. DURING 4 DAYS WILL EXPLORE THE NOTION OF ROOTING IN TO RISE PHYSICALLY YET EQUALLY THE PRINCIPLES OF REMAINING ROOTED IN LIFE.

"FROM THE GROUND UP - RISING ROOTED"

MORE INFORMATION: HOLYLEGGINGS.COM OR SOPHIELUFKINYOGA.COM
HOLYLEGGINGS108@GMAIL.COM

PRICES START AT 990CHF FOR A TWIN SHARED ROOM

