

Nira Alpina and Ananda in the Himalayas

- present -

## AWAKEN THE SELF

### Exploring the Chakras through Yoga

A Unique Yoga, Meditation and Ayurvedic  
Culinary Workshop in the Swiss Alps



10th - 14th September 2025

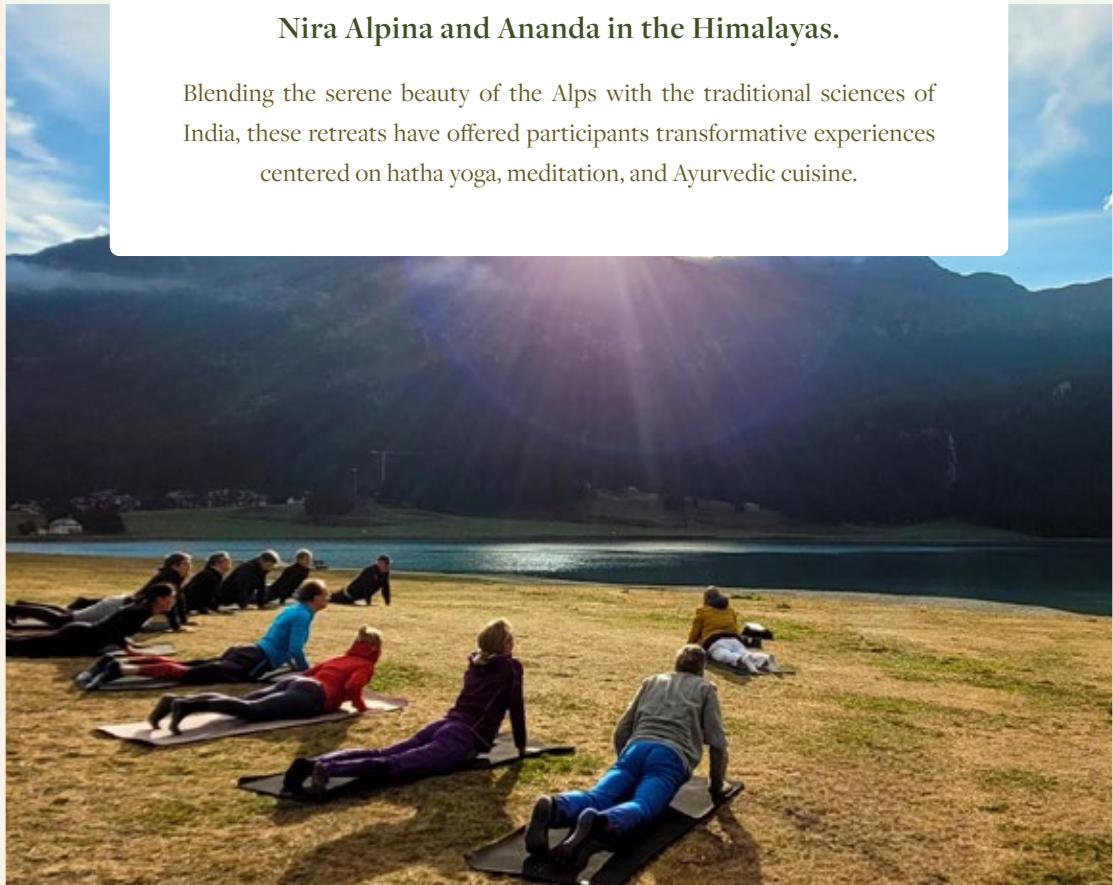
at Nira Alpina, St. Moritz





Join us for the fifth edition of an immersive retreat  
resulting from the longstanding collaboration between  
**Nira Alpina and Ananda in the Himalayas.**

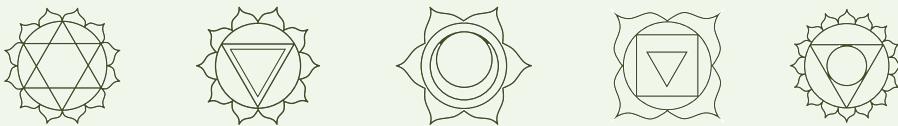
Blending the serene beauty of the Alps with the traditional sciences of India, these retreats have offered participants transformative experiences centered on hatha yoga, meditation, and Ayurvedic cuisine.



## A Journey Through the Chakras

This year's retreat is designed to *explore the chakras* and unlock the potential that lies dormant in these energy centres that impact the physical, mental, emotional, and spiritual aspects of your being.

In the yogic tradition, all matter is made up of five principal elements—earth, water, fire, air, and space—which are also linked to specific chakras in our body. These elements shape our consciousness, life experiences, health, and through this journey you will experience how they manifest in your life.



## Bringing the Elements into Alignment

Each chakra represents an element and is associated with specific organs, nerve plexuses, and endocrine glands. As we move through the chakras, we will **align these elements with your body and consciousness.**

Through yoga, breathwork, relaxation and meditation, you will gain experiential insights into the ways the chakras influence your well-being, guiding you towards greater harmony and self-awareness.



## A Gourmet Wellness Experience

In addition to these enriching practices, the retreat places a special emphasis on wellness culinary experiences. Ananda's expert Ayurvedic chef brings a world of knowledge and artistry to the table, curating meals that reflect the timeless principles of Ayurveda. Each dish is a **celebration of balance**, crafted to harmonize the body, mind, and spirit.

From **dosha-balancing recipes** to vibrant, nutrient-rich dishes, every bite is a step closer to rejuvenation. Experience the profound connection between food and wellness, as your meals become an integral part of your journey to vitality and harmony.

# RETREAT LEADERS

## MALATI MEHRISH

*Head of Yoga  
at Ananda in the Himalayas*

A yoga practitioner for over two decades, Malati has a commitment to bring alive the science of yoga for health, harmony, positivity, & fulfillment. She studied multiple courses at the Bihar School of Yoga and has a BSc & a Marketing MBA. As a yoga therapist & teacher she has taught groups, individuals, schools, sportspersons, businessmen, children, seniors, and terminally ill people. She has anchored yoga outreach programs across Karnataka & compiled and edited books on yoga.



Malati taught at YTTC for five years- covering a range of subjects including Shad Darshana, Tantra, Raja Yoga, Karma Yoga & Yoga Vidya. She has also pursued several courses at the Bihar School of Yoga such as the Progressive Yoga Training, Yoga Teachers Training Programme, Kriya Yoga Course.



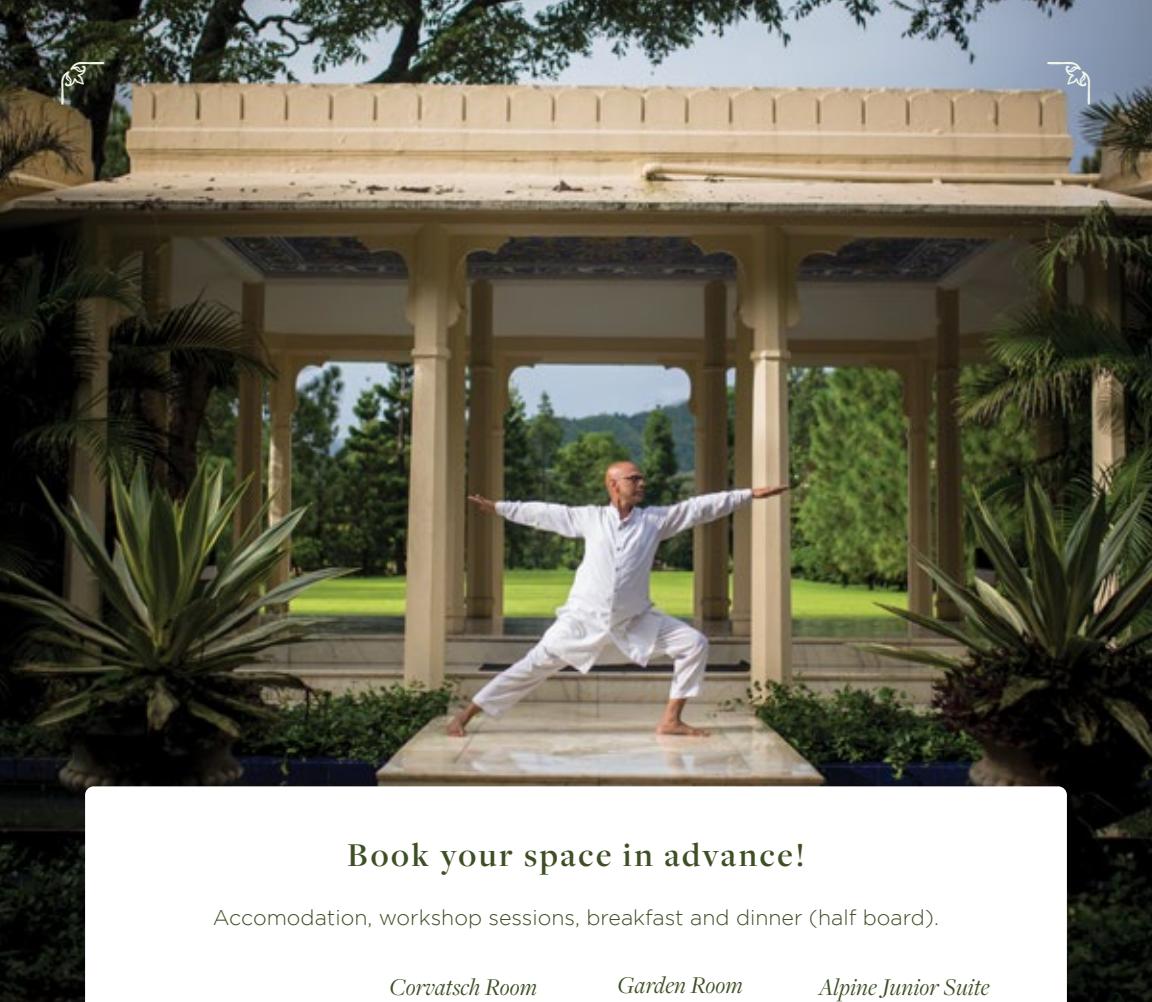
## CHEF DIWAKER BALODI

*Executive Chef and expert on Ayurvedic cuisine  
at Ananda in the Himalayas*

Chef Diwaker brings to the fore his experience of fresh, natural foods with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the complete avoidance of artificial flavours or preservatives.

Using ancient Ayurvedic food rituals as his cuisine philosophy, Chef Diwakar and his team aim to uproot specific imbalances in the body by working on multiple wellness menus, while maintaining emphasis on serving a balanced diet, bursting with flavours!





## Book your space in advance!

Accommodation, workshop sessions, breakfast and dinner (half board).

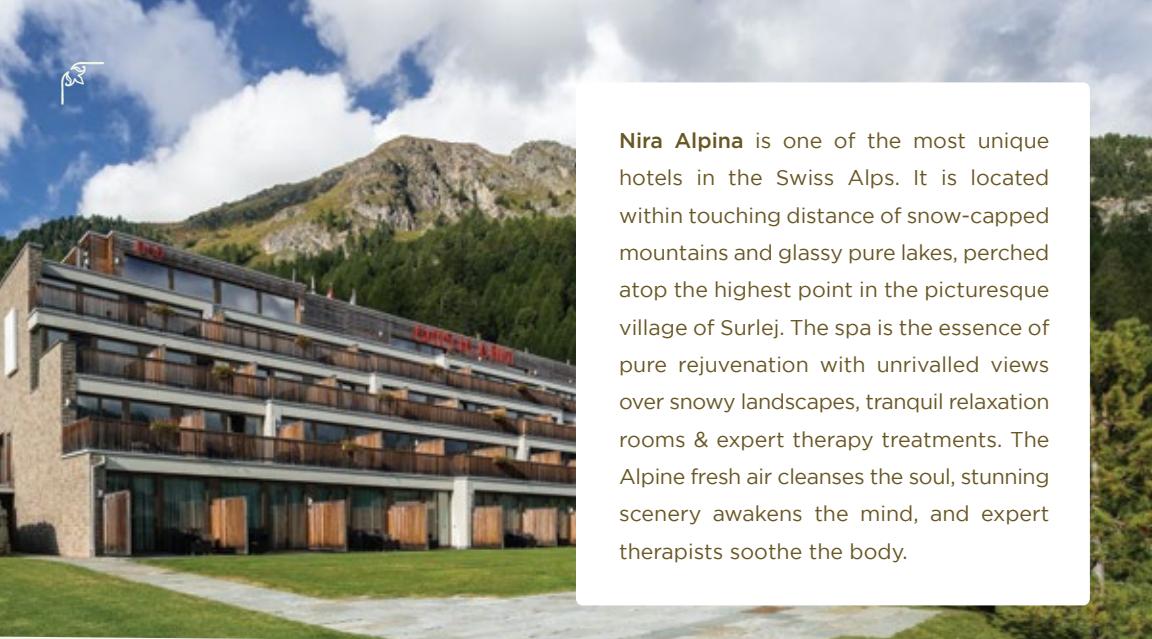
	<i>Corvatsch Room</i>		<i>Garden Room</i>		<i>Alpine Junior Suite</i>	
	Single	Double	Single	Double	Single	Double
Retreat price for 4 nights*	2000	3280	2200	3480	2980	4260
Currency: CHF						

\*Prices exclude tourist tax (VAT is included)

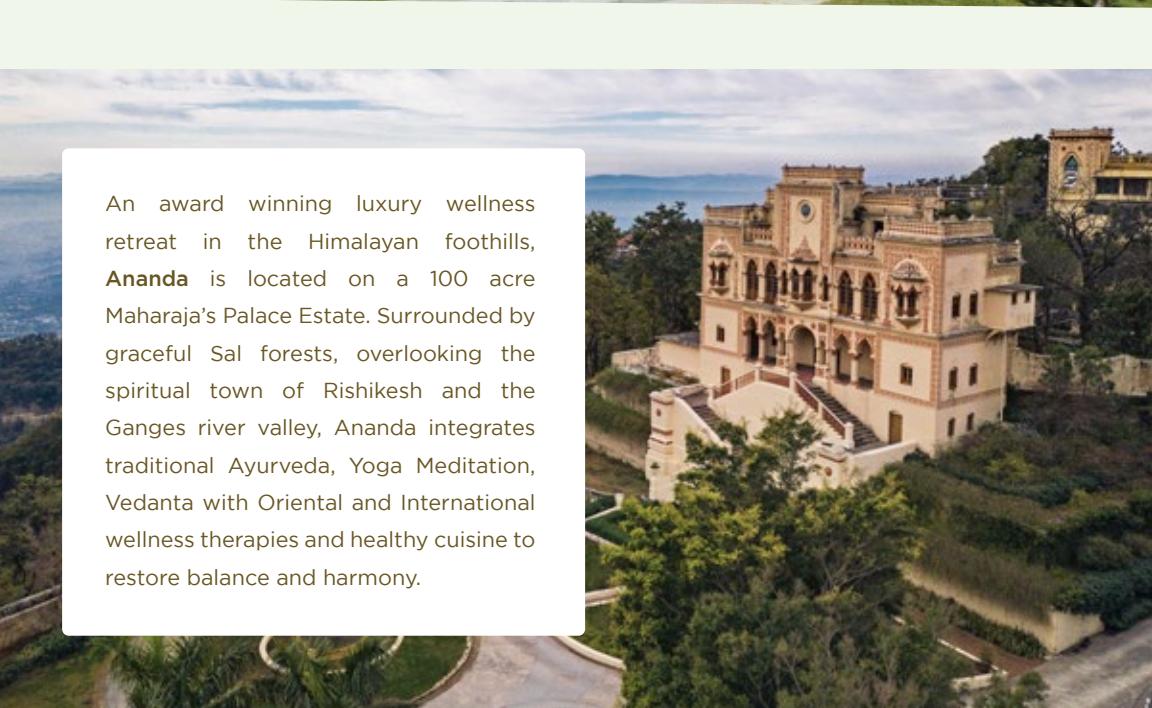


### JOIN US TO:

- Explore your inner self through yoga and chakra work.
- Experience how the chakras manifest in your life and guide your growth.
- Release blockages and energy imbalances for improved well-being.
- Cultivate a deeper self-awareness and insight through chakra exploration.
- Experience dosha-balancing cuisine crafted by Ananda's Ayurvedic chef.
- Discover the principles of Ayurvedic cooking and learn how to integrate its wisdom into your daily life.



**Nira Alpina** is one of the most unique hotels in the Swiss Alps. It is located within touching distance of snow-capped mountains and glassy pure lakes, perched atop the highest point in the picturesque village of Surlej. The spa is the essence of pure rejuvenation with unrivalled views over snowy landscapes, tranquil relaxation rooms & expert therapy treatments. The Alpine fresh air cleanses the soul, stunning scenery awakens the mind, and expert therapists soothe the body.



An award winning luxury wellness retreat in the Himalayan foothills, **Ananda** is located on a 100 acre Maharaja's Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates traditional Ayurveda, Yoga Meditation, Vedanta with Oriental and International wellness therapies and healthy cuisine to restore balance and harmony.

**NIRA ALPINA**  
SWITZERLAND

**ANANDA®**  
IN THE HIMALAYAS

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