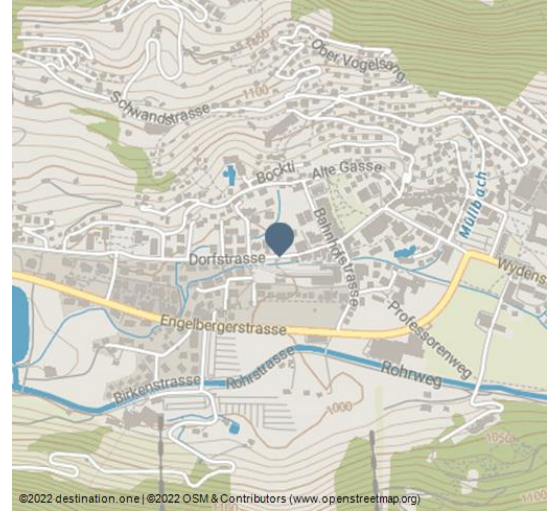




Ladies Bike-Yoga-Weekend



GuideProxy



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The special bike weekend. The focus is certainly on the bike, but it's also about body and mind.

After we have looked at basic elements on the bike on Saturday morning, such as riding over small obstacles, safe cornering and balance exercises, we will put them into practice on a short tour in the afternoon. The aim is to challenge ourselves with like-minded people, try something new and have fun!

Yoga, on the other hand, is more relaxed. We want to feel, stretch and strengthen the body and find a balance with the mind. You don't have to be experienced yogis. There will be opportunities for everyone to join in at their own level.

Afterwards there will be tips and tricks and simply everything you need to know about your bike and its maintenance. Everyone takes their bike with them and can make minor adjustments or, if necessary, repair something on the spot.

Sunday starts on the yoga mat, where we will gently tune our bodies and minds for the day. After a delicious breakfast, we'll take the mountain railway up to the Joch Pass. There we will whizz down the flow trail until we are tired even without going up.

Included Services

Saturday: riding technique, bike tour, hatha yoga session, mechanics workshop with dinner

Sunday: Sun salutation, biking flow trail on the Joch Pass (incl. train ticket).

Venue:

6390 Engelberg

Contact Person:

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Meeting point

09:00 a.m.

Hotel Crystal

Dorfstrasse 45

6390 Engelberg

Price Information:

CHF 355 for 2 days bike course & yoga sessions, dinner on Saturday evening (without overnight stay)

CHF 440 for bike course, yoga sessions and dinner additional incl. overnight stay in a double room at Hotel Crystal with breakfast

Cancellation

The general terms and conditions of Prime Mountain Sports AG apply:

-4 - 7 days before the start of the course: processing fee of CHF 50.00

-Up to 2 days before the start of the course: 50% of the package price

-Up to 24 hours before the start of the course: 80% of the package price

-In the event of cancellation less than 24 hours before the start of the course, the full course costs will be charged

Events:

Samstag, 10.08.2024, 09:00 - 09:15 Uhr

Sonntag, 11.08.2024, 09:00 - 09:15 Uhr