

Spa
Hôtel
Restaurants
Famille Mirigay

Yoga wellness stay in the mountains

4 DAYS & 3 NIGHTS AT THE CHALET-HÔTEL
LA MARMOTTE, LA TAPIAZ ET SPA ****

STAY: 5-8 MAY 2023

**With a minimum of 8 participants.*

RESOURCE YOURSELF...

A stay very smooth in connection with nature, a break just for you.

Enjoy a few days of relaxation at the Chalet-Hotel La Marmotte,
La Tapiaz and Spa**** located in Les Gets Alps (1 hour from Geneva).

4 days and 3 nights to take care of yourself, your body and your mind. Slow down the pace, put the body in motion with yoga and walking, nourish yourself with care, breathe deeply, enjoy the pool, know the plants of the mountains and come back filled with new energy.

Your yoga teacher and coach:

SANDRINE MARSILLAUD GANAULT

During this stay, Sandrine will teach you yoga and will accompany you with simplicity so that you feel at ease, during these few days of disconnection in the open air...

"An Ayurveda practitioner and yoga teacher, I was trained in France and India. I teach classes for all audiences. Committed to sharing the culture of yoga and Ayurveda, I founded the Happyogi association and organize classes, workshops, stays and trips in India around yoga and Ayurveda."



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TO FLOURISH
IS TO LISTEN TO ONESELF
AND CHOOSE ONESELF

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YOUR WELLNESS & YOGA STAY INCLUDES:

Accommodation to be shared in a cosy room with mountain charm, with private bathroom (single room in supplement).

Full board (3 breakfasts, 3 lunches and 3 dinners - excluding drinks) vegetarian and vegan meals prepared with care by our chef in our restaurant.

Access to the swimming pool and the Spa during opening hours: 9am-7.30pm for the swimming pool / 3.30pm-7.30pm for the sauna & hammam. Treatments and massages can be booked for a fee.

Daily yoga sessions (accessible to all levels), a global and personalized support during the stay, various activities such as mountain walks, discovery of edible wild plants, initiation to medicinal herbal teas, meditation, relaxation at the Spa and free time.

**Please take your personal yoga mat.*



DAY TEMPLATE (ADAPTED TO THE WEATHER) :

Morning yoga

Breakfast

Walk - workshop or free time

Lunch

Walk - workshop or free time

Yoga at the end of the day or evening

Dinner

WHAT YOUR STAY DOES NOT INCLUDE :

Transportation to/ from the place of stay (a shuttle can be booked for a fee).

Soft or alcoholic drinks during or outside meals.

Treatments and massages at the Spa.

Personal expenses.

PRICES

STAY 4 DAYS/3 NIGHTS

(per pers)

CLASSIC ROOM (TWINS) 2 PERS ----- 1 bathroom and toilet, balcony.	570 €* 610 €* 785 €* -----
CARLINE ROOM (1 GROUP OF 4 PEOPLE) ----- 2 bedrooms, living area, 2 bathrooms and separate toilets, balcony.	
CLASSIC SINGLE ROOM -----	

**Indicative rate for a minimum of 8 participants (all inclusive). Degressive beyond 8 participants and up to 12 max..*

EXTEND YOUR STAY ACCORDING TO YOUR DESIRES ----- **From 146 € /night / room**
Lunch and dinner extra.

A 40% deposit will be requested to confirm your reservation.

INFORMATION AND RESERVATION

Chalet-Hôtel La Marmotte**** & la Tapiaz

61 rue du chêne - 74260 Les gets | Tél : +33 (0)4 50 75 80 33

hotel-marmotte.com | info@hotel-marmotte.com

TO GET HERE

By train :

Paris-Cluses : TGV, 4h30

Paris-Genève : TGV, 3h30

By flight :

Airport of Genève-Cointrin (55km)

Airport of Lyon St-Exupéry (170km)

Airport of Annecy (80km)