

## Sutra House

Asana, Pranayama, Meditation  
with Stephen Thomas

A weekend Retreat, with deep practices and excellent Vegetarian kitchen.

## The Plan.

**Arrive after 14.00h on Friday, July 15, 2022**

**Restorative Asana from 17.00 - 18.30**

**Dinner & Short Evening Meditation Program**

**Saturday includes 2 session (morning and late afternoon) of Asana and Pranayama**

**Lunch followed by time for swimming, relaxing in garden or visiting a Museum.**

**Dinner & Short Evening Meditation Program**

**Long Sunday morning Asana and Pranayama, Lunch and check out around 13.00 (July 16)**

## Costs

### Yoga Course

CHF 235.00 for the weekend

### Accommodation

from 350.00 (shared room double for the full weekend including all meals)

from 450.00 (single room for the full weekend including all meals)

*all rooms include private WC and shower*

*access to the SPA (Sauna and Pool is included)*

*massages or treatments are extra.*

## Register

to register, contact Stephen Thomas

[stephenthomasyoga@gmail.com](mailto:stephenthomasyoga@gmail.com)

Limited to 16 Students\*

## Location

Sutra House

Rutiring 36, Riehen

[sutra-house.com](http://sutra-house.com)