

Welcome to

**WILD TONIC
MINDFULNESS**

in Nendaz, Switzerland

*"WE NEED THE
TONIC OF WILDNESS"*

Henry David Thoreau

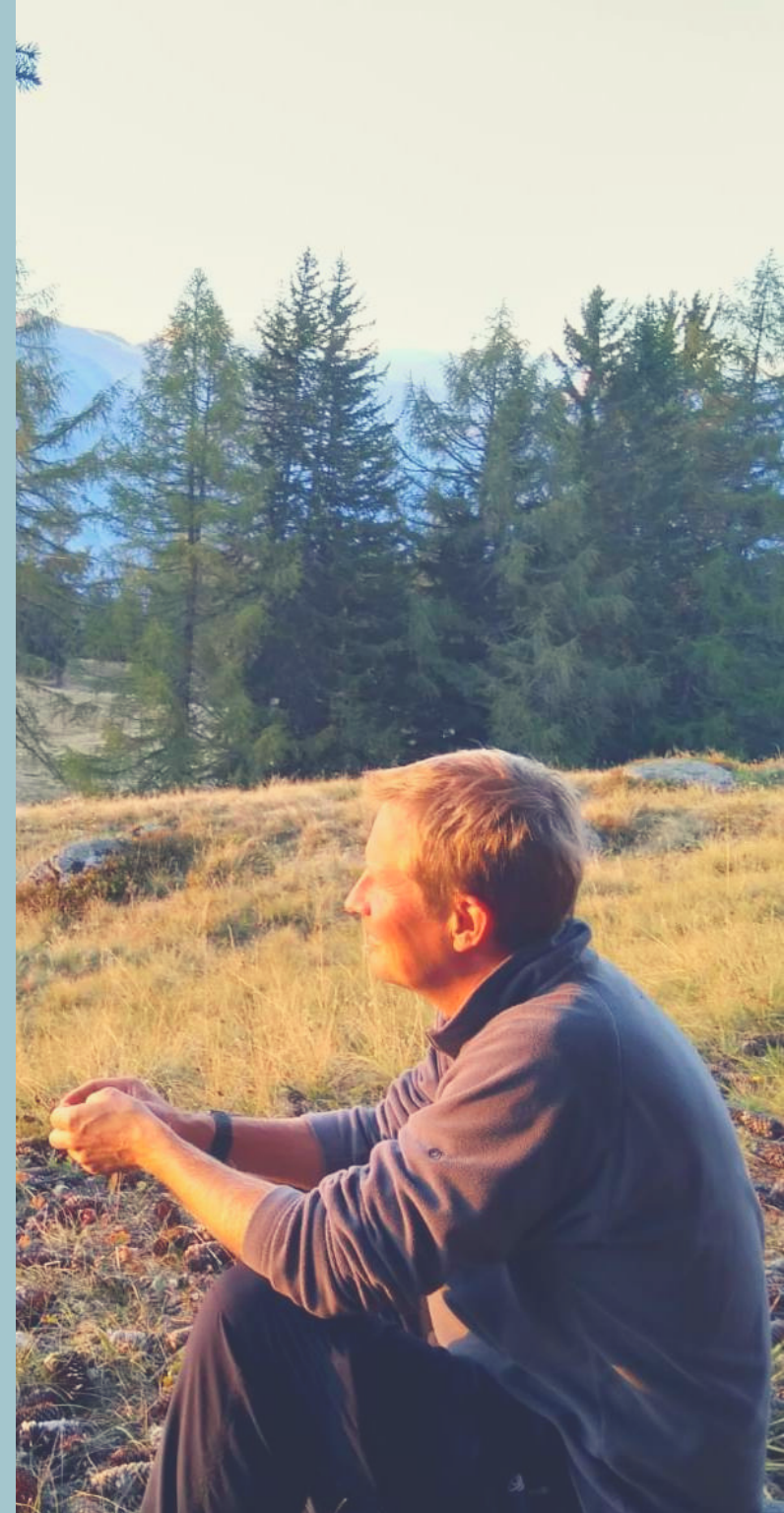


WHY WILD TONIC?

Fundamentally, our Wild Tonic mindfulness experience offers you an opportunity to relax, reconnect and revitalise using mindfulness in stillness and in motion in the stunning alpine landscape of Nendaz and the Four Valley Region.

A connection with nature can provide a great source of presence happiness and well-being. Yet often in our busy modern lives it is all too easy to lose this sense of connection, both with the natural world and our authentic best selves.

Wild Tonic in Nandez is an opportunity to re-connect with presence , hit the pause button, recharge, refresh and realign with what truly matters in your life





WHO IS THE EXPERIENCE FOR?

If you like the idea of exploring mindfulness in the outdoor environment, this experience may be for you!

Suitable for anyone over the age of 18. You will need a medium degree of fitness as we will be walking for up to 3 hours, with rest points.

Wild Tonic Nendaz, is suitable those completely new to mindfulness/ yoga and also those with an established practice who perhaps want to take their practice into nature.

Quite simply, if you are looking for a nourishing mindfulness experience with a small group of people, this experience may be for you.



THE EXPERIENCE

- Four nights catered accommodation in Chalet Ermitage, with outside hot tub and mountain views
 - Fully catered, delicious, healthy breakfast, lunch and evening meals
 - Guided mindfulness in stillness and in movement, including mountain walks, mindful yoga, relaxation and reflection (no experience necessary)
 - An afternoon at the Five Star Nendaz Spa
- Return Geneva Airport transfers and all in-resort transportation

A TYPICAL DAY

AM | Optional sunrise mindful movement/
yoga on the roof terrace with views of the
Mountains

AM | Nutritional Buffet Breakfast, with a
selection of fresh juices

AM | Morning mindful session followed by a
guided mindful walk with periods of silence

PM | Lunch, free time to relax, unwind in
the hot tub, rest, or stroll in the
countryside

PM | Evening mindfulness session, followed
by dinner and relaxation





ABOUT NENDAZ

The picturesque resort of Nendaz overlooks the Rhone Valley, offering fantastic views across the Alps. Not only does the area host beautiful views, it is also known to be one of the sunniest regions in Switzerland. Nendaz is a modern holiday resort has grown up all around the centre of this delightful old Valais village with its traditional timber houses, barns and grain stores.

<https://nendaz.ch/>

CHALET ERMITAGE

Chalet Ermitage, your 'home-from-home' is a stunning free-standing chalet boasting spectacular views across the 4 Valley Region

- Sleeps 10; 2 x double guestrooms and 3 x twin guestrooms
- Open-Plan living areas
- Outdoor Hot-Tub
- Large terrace, with South facing views



EMMA THOM



Emma has a Post Graduate Diploma in Mindfulness Based Cognitive Therapy and approaches.

Emma has worked as part of the research team at Exeter University developing mindfulness programmes for parents and teens. Emma teaches mindfulness to the public, to parents, in the NHS and the workplace. She also supervises teachers in training.

Emma has completed her 200 hours Sivananda yoga teacher training with Universal Yoga in Bath

On a personal level, Emma's life has benefitted in many ways from her practice of mindfulness. Emma loves sharing everything she has learned to make mindfulness accessible and practical to all.

Steve has completed the Teacher Training Retreat Level 1 at Bangor University Centre for Mindfulness Research and Practice and he co-teaches the Mindfulness Based Stress Reduction course with Emma.

Steve also provides mindfulness in the workplace training programmes and is an accredited WorkplaceMT Trainer. He received his training from Juliet Adams and Marina Grazier, who have been at the forefront of developing workplace mindfulness, both in the UK and internationally.

He is an avid outdoor enthusiast and spends much of his time walking in Dartmoor and the Devon coast, and previously a volunteer ranger in the Mendip Hills. It is with great appreciation that he combines two of the most important things in his life by bringing mindfulness outdoors and into nature. .

STEVE THOM



DATES & PRICE

When: 08-12 Aug 2019

Where: Nendaz

Board: Catered Chalet

Cost: £499 per person

HOW TO BOOK

For more information and to
book a place contact, Emma

Emma Thom

emma@themindfulchoice.co.uk

Tel: 07929630910

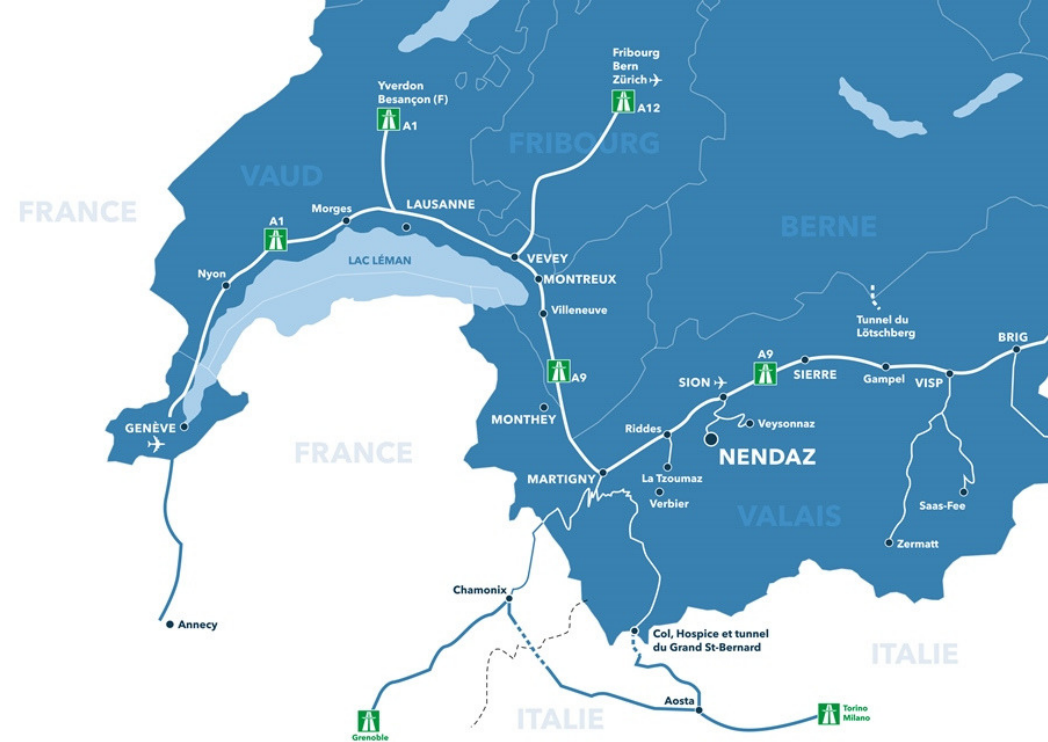
www.themindfulchoice.co.uk

GETTING THERE

We recommend flying into Geneva, with many scheduled and chartered airlines frequently flying into the 'Gateway to the Swiss Alps'.

We will meet you at Geneva Airport and drive you up to the resort of Nendaz, which takes approximately 1hr 45mins

Please note: Flights are not included in this package, but return airport transfers are



BOOKING FLIGHTS

To book flights, we highly recommend visiting:
<https://www.skyscanner.net/>



We hope to see you in Nendaz

THANK YOU!

Emma & Steve Thom