



artful retreats

Champéry, 20-23 Oct

I'm inviting you to join us for an inspiring long weekend in the beautiful tranquil Swiss Alpine village of Champéry. A long weekend to revitalise your mind thru drawing and painting, with daily yoga sessions to balance your body and mind, and all supported with wonderful healthy prepared meals.

I'm looking forward to hearing from you,
Penelope

Where

Our group of maximum 10 participants will meet on Thursday afternoon at the beautifully restored Chalet Ganesha in Champéry. This luxurious authentic Alpine chalet will be our home for the next 3 days. We'll use the in-house yoga room and wonderful open kitchen-dining to treat our bodies and souls. And we'll use the picturesque mountain village of Champéry with its amazing scenery to inspire our visual senses. Champéry is 1,5 hours by car from Geneva and also reachable by train. For this weekend we offer staying in a private room or sharing a double room.

A day

We'll start each morning with a yoga session with exercises adapted to your individual needs. Solange is our yoga teacher, her passion for yoga combined with fresh mountain air in this beautiful setting will be the way you would want to start every day. To draw and paint every day will relax and inspire you. Everybody can draw and paint and it's not my objective to teach you techniques. It will be all about re-discovering the child in us

and find free expression. I'm a trained art therapist and I will guide the process of drawing and painting to help us disconnect from our daily hassle and simply enjoy the moment again. We'll learn from our expressions thru conversations, this sharing will reenergise our creativity, help rediscover our passions and inspire us for new expressions.

Food, delicious

Breakfasts, lunches and dinners are all included and prepared by Neil. Neil is an internationally recognised chef who creates wonderful meals based on healthy nutritious principles with local ingredients. You will be amazed by what he creates.

About You

No need to bring any materials for drawing or painting, and certainly no need to be an experienced drawer or painter. All meals and drinks will be provided. Just bring yourself and be present. The group will be from all kind of places and all walks of life. We'll start on Thursday 20 October 5pm and finish on Sunday 23 October

5pm. We'll wrap up on Sunday afternoon revitalised, reconnected with our passions and with newly found friends. Our shared language will be English.

Rate

The whole long weekend which includes 3 nights, all meals and drinks, and all workshop materials when staying in a private room is priced at 990 CHF and 870 CHF when sharing a room.

About Us

More information about us and our other retreats can be found at www.artfulretreats.com More details on Chalet Ganesha can be found at www.chaletganesha.com. And I can be contacted via email at penelope@orfanoudaki.com or just call me on +41 79 600 11 64. For more details about myself feel free to look for Penelope Orfanoudaki at [Facebook](#), [Instagram](#) and [LinkedIn](#).