

# FJELLSTIEN

GUIDED MOUNTAIN  
ADVENTURES

## HIKE AND YOGA

WALK, BREATHE, PRACTICE

VALAIS — MOIRY — SWITZERLAND — DAY TRIP

There are places that do you good just by looking at them. The Moiry area is one of them. We are going back — to walk, breathe, practice yoga and let the mountains do the rest.

With a yoga teacher, we head out on an adventure to practice yoga in the mountains. A day to take in breathtaking views, share a healthy meal and laugh.

### DAY PROGRAMME

**08:30 — Meet at Moiry dam parking**

Guided hike, gentle walk, meditation break in the heart of nature

**11:30 — Yoga by a high-altitude lake**

**12:30 — Healthy & homemade picnic**

**14:30 — Return on foot**

**16:00 — Arrival at Moiry dam parking**

### UPCOMING DATES

6 July and 17 August

440m+ / 440m-

7km

*Estimated walking time 3h*

**PRACTICAL INFORMATION**

- Led by a trainee walking guide & a yoga teacher
- Groups of 3 to 10 people
- Healthy homemade picnic included in the price
- Access: bus/train or carpooling to Moiry dam
- Technical level 1/4, physical level 1/4 — suitable for everyone
- Yoga mats provided on request

**PRICE: CHF 50 PER PERSON — PICNIC INCLUDED**

