



Yoga Ski France With Joanna Najduch & Taylor Made in St Martin



2018 Dates!

23th - 27th Jan

£525 pp

I have teamed up with my good friend Lucy from Taylor Made in St Martin to offer a wonderful short Ski and Yoga holiday in a luxury catered chalet with an outdoor hot tub on the balcony! The chalet is located in a picturesque village of St Martin de Belleville, in the famous and extensive Trois Valles skiing region in the French Alps! Meribel, Val Thorens, Courcheval, Les Menuires, LaTania are all within reach and skiable in a day! You will have 4 nights and 3 full skiing days in this charming resort!

Lucy is an amazing chef and she will be looking after us with her delicious and nourishing gourmet menus! Expect to be treated to full breakfasts, afternoon tea with homemade cakes, delicious 4 course evening meal with canapés and wine and chocolates!

The daily schedule will run as follows:

7.45- 9.00 am - Morning Yoga Flow

9.00-9.45am - Breakfast

10.00-4.00pm - Ski

4-5pm -Afternoon Tea

5.15-6.30pm - Massage, Hot Tub, relax.....etc

6.00-7.15pm - Evening Relaxing and Restoring Yoga

7.45pm- Drinks and Canapes followed by a 4 Course Gourmet Dinner - including wine, soft drinks and beer!

There will be one chef's night off mid-week on the ski week where we can go to a local restaurant.

Flights are to Geneva (2hrs transfer) and transfers will be arranged at a supplement. The recommended flight and transfer will be announced on booking.

Yoga mats, blocks and belts will be provided. All levels of skiing is catered for in St Martin and on arrival you will have a chance to sort out ski passes, ski lessons, ski hire etc. (Additional cost). Massages (extra) will be available throughout the week at the sister chalet next door.

There are 3 double rooms available (1 ensuite and 2 sharing a Jack and Jill bathroom).

The yoga in the morning will be a gentle flowing Prana Vinyasa style to get your ski legs warmed up, and the yoga in the evening will be relaxing and restoring!



For more information and to book your place please contact Lucy:

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website: www.taylormadeinstmartin.com