

Alpine Yoga Trek in Switzerland

A magical summer tour combining yoga with trekking in the Swiss Alps



Reward yourself and your body.

Come join us on an unforgettable trek through the Swiss Alps, incorporating yoga with hiking and sightseeing. Our days will begin by waking in the clean, fresh, mountain air, where we will share an invigorating, dynamic yoga practice before a hearty breakfast. During the day we will hike to our next destination, winding down with a restorative yoga practice before dinner and bed.

Not just for yogis!

Tour price includes twice daily yoga practice (dynamic in the morning and restorative in the evening), guided hikes of 2.5-5 hours per day, accommodations and all breakfasts. Lunches, snacks, drinks and dinners are extra. Hot dinners, lunches to purchase and water refills are available at each destination.

You don't have to practice yoga to enjoy this trip! Families and friends are more than welcome. We'll stay in comfortable hotels at each location, and you'll see the Swiss Alps in all their majesty. You can choose from the three dates offered, or if you have a group of six people or more, just contact us and we'll do everything we can to accommodate your schedule.

3-7 August

CHF 1400.-

6-11 September

CHF 1400.-

12-16 October

CHF 1400.-



Meet your yoga instructor

Andrea Neiger has been practicing yoga since 2001 and teaching since 2002. She teaches Hatha yoga in which the body gains strength and flexibility while calming the spirit in order to dissolve blockades and gently guide growth and development. Andrea's personal

teaching style incorporates precise guidance of the asanas - both static postures as well as dynamic movements - with breath and relaxation. She continues to supplement her yoga training in India and France, teaches yoga for rock climbers, and is an avid hiker and skier. She speaks English, German and French.



Meet your guide

Sioux Bonforte is the co-founder of AlpinElite. She has lived in Switzerland for 12 years, and grew up in San Diego, California. She received her Ph.D. from Boston University and worked for several years in marketing for

UBS in Zurich before founding AlpinElite. Her passion for adventure has taken her around the world, including rock-climbing in Thailand, river rafting in Zambia, hiking the rain forests of Ecuador, studying yoga in Bali, and jumping over 700 times from anything that will take her to 10,000 feet. She speaks English and German.