



# winter wonder yoga

an adventure  
retreat

trins, austria

23rd -28th February 2024  
Prices from £1050 pp

From the little mountain village of Trins in Austria, a place Moon & Skye call home, we bring you this retreat from the heart.

Sharing our love for yoga & food alongside a taste of our favourite winter activities, this is a truly unique mountain experience.



# the retreat

Oh so much more than your average yoga retreat, this trip offers you the chance to experience all that the mountains have to offer in a real winter wonderland.

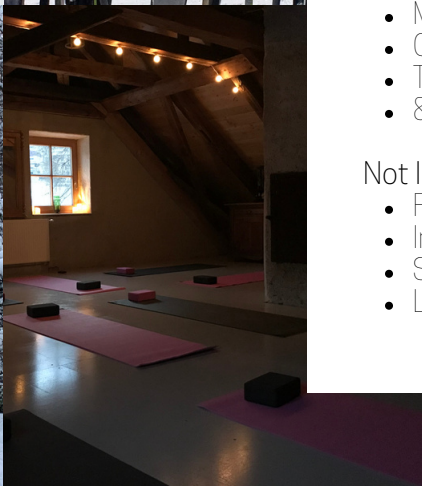
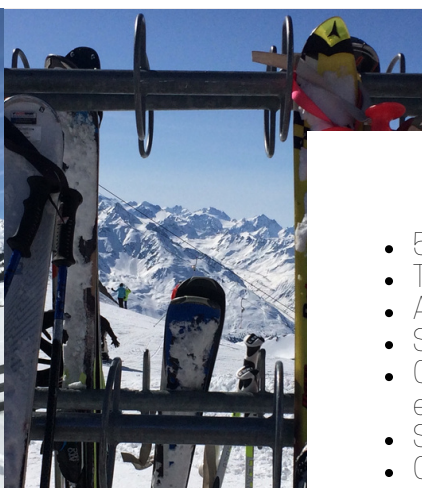
Staying in Schloss Schneeberg, our family home is an experience in itself as a historic, atmospheric and very unique yoga venue. The beautiful farming village of Trins just 30 mins from Innsbruck, is mountain hideaway.

Sip your tea on the tower watching the sun spread over the peaks before your energising morning class in our loft studio. Afterwards, stroll downstairs where nourishing porridges will welcome you at the breakfast table. And then the real adventure can begin!

With an itinerary which includes sledding like you've never experienced, opportunities to ski on our pristine local piste, cross country skiing along an idyllic valley setting and winter hikes through fairy tale woods, this retreat will go beyond any other retreat. It will make you fall in love with the magical mountains.



Join us for ...



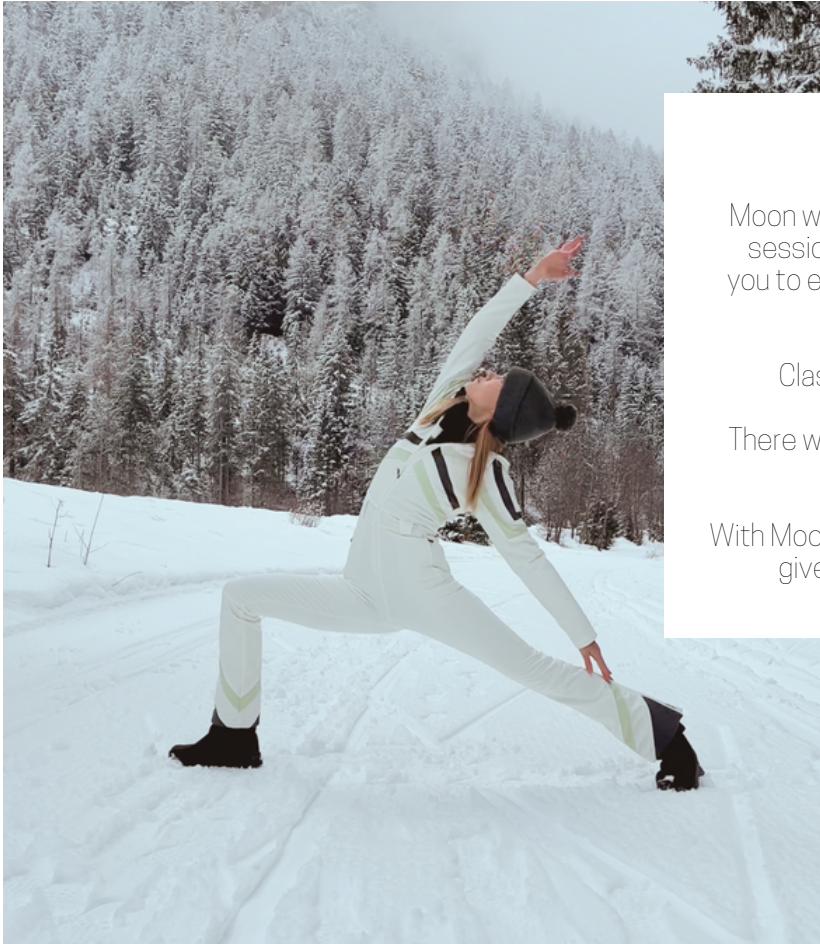
# included

- 5 nights at The Schloss.
- Twice daily yoga with Moon
- All breakfasts, dinners & 2 lunches
- Ski days at our local piste just 5 mins away
- Cross country skiing with lesson from Skye & equipment rental
- Sledding adventure
- Guided winter walks
- Moonlight meditation
- Group airport transfers from Innsbruck
- Transport during the retreat
- & more special treats along the way!

## Not Included:

- Flights
- Insurance
- Ski pass & equipment rental
- Lunch on 2 days





# yoga

Moon will guide you through dynamic & inspiring yoga sessions, designed to challenge you whilst allowing you to explore your body and connect inwardly to the wonder of your mind.

Classes will vary from energising Vinyasa Flow to calming & grounding Restorative practices. There will also be opportunities to explore breathwork, yogic rituals & moonlight meditation.

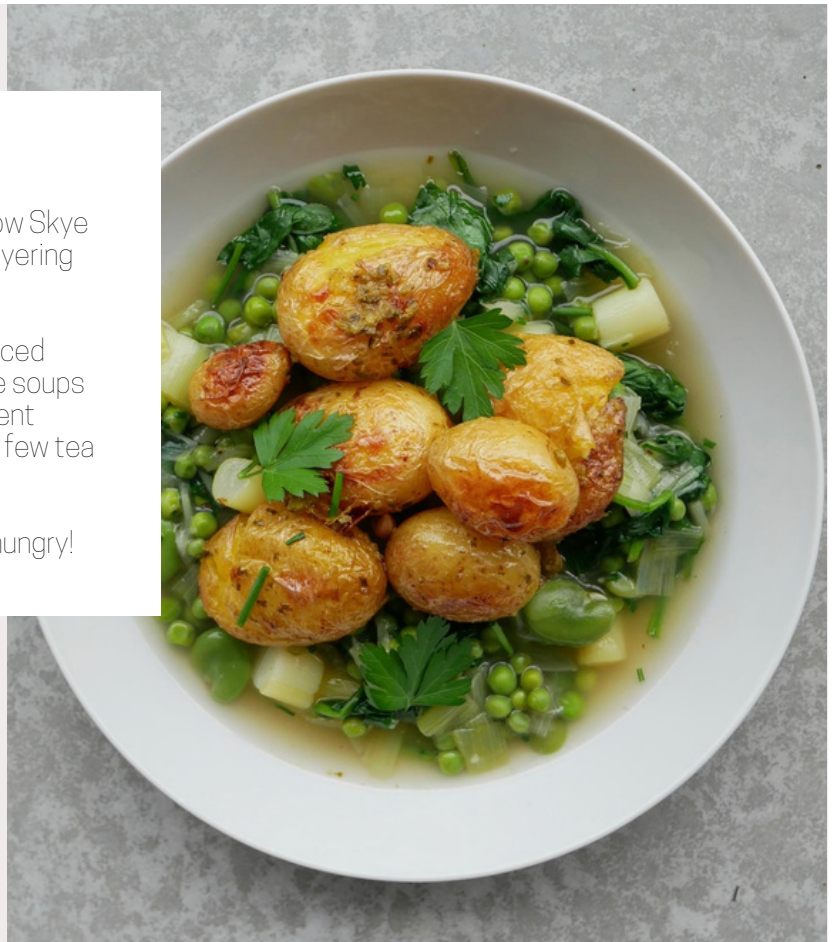
With Moon dedicating time to each adventurer this will give you plenty of room to play & learn new skills.

# food

The food will encompass everything you know Skye for- bright and creative vegetarian dishes, layering flavours, textures, colours and influences.

Breakfast spreads will include nourishing spiced porridges, lunches will be hearty, wholesome soups served from the stove and dinners will reinvent winter mountain food. Oh, and there will be a few tea time treats served too!

You will leave feeling inspired and never go hungry!





# prices & rooms

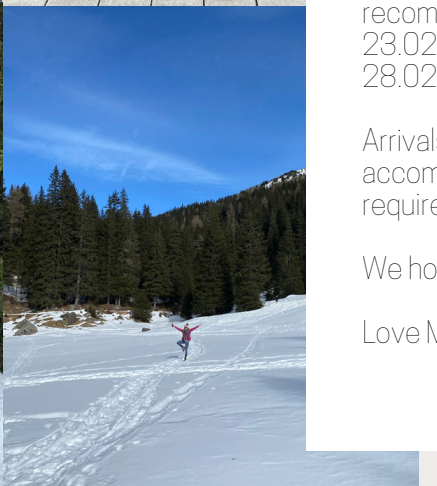
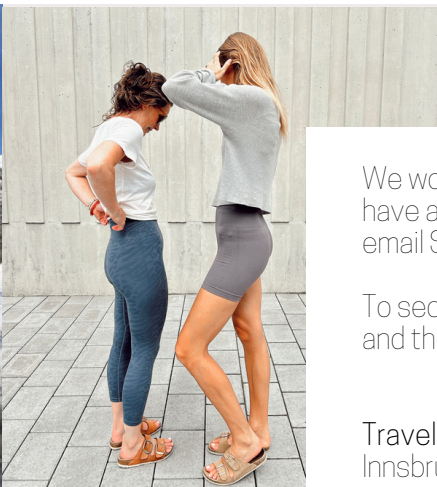
Room 1: Double room, ensuite.  
Single occupancy: £1500 pp

Room 2: Twin room, ensuite.  
Single occupancy: £1500  
Shared with a friend: £1050

Room 3: Twin room, ensuite.  
Single occupancy: £1500  
Shared with a friend: £1050

Room 4: Double room, shared bathroom:  
Single occupancy: £1400

Room 5: Twin room, shared bathroom.  
Single occupancy: £1400  
Shared with a friend: £1000



## join us?

We would love for you to join us in February. If you have any questions or would like to book please email Skye, [sakesaker@gmail.com](mailto:sakesaker@gmail.com)

To secure your booking, a 50% deposit is needed and the balance will be paid 30 days before arrival.

### Travel

Innsbruck is the closest airport and we would recommend booking the following flights or similar:  
23.02.23 - 8.45am Gatwick - Innsbruck  
28.02.23 - 10.55am Innsbruck - Gatwick

Arrivals outside of these times will be accommodated as much as possible but may require a taxi or train ride at your own expense.

We hope to see you in the mountains!

Love Moon & Skye