



LE GRAND SPA
GSTAAD



SOPHROLOGY & SLEEP RETREAT

Sunday, 30th June 2019

Sunday, 29th September 2019

Let us accompany you to a deeper sleep with our new
B silent Sleep Treatment from Bamford.

Join us on either the 30th June or the 29th September and exchange with our world leading connoisseur of Sophrology Dominique Antiglio, who will guide you through mindfulness, and a healthy approach to sleep and rest.

- *Group Workshop Session with Dominique Antiglio*
- *1h Yoga class to relax the mind and body*
- *A calming head massage post yoga (25 mins)*
- *An unique 55 mins B silent treatment*
- *And you will receive an exclusive B silent wellness product box worth CHF 210*

14:00 - 18:00

CHF 240 per person
CHF 690 per person including one overnight stay

Reservation compulsory



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