

# ENERGIZE RESTORE UNWIND

A THURNHER'S ALPENHOF x PAPER&DIAMOND  
CURATED WELLNESS RETREAT

WITH CLAIRE GRIEVE

**Rise & Snow Yoga for Skiers:** The perfect way to prepare for a day on the slopes. Gently wake up your body with a gentle vinyasa yoga flow and stretch. Whether you are a beginner or a pro, this session will wake up your body, build up heat and send an abundance of oxygen to the blood. Claire's thoughtfully sequenced yoga postures improve strength, suppleness, and flexibility to maximize your shredding power while minimizing wear and tear on your muscles and joints for your skiing adventure.

**Stretch, Ski, Repeat:** You can't ski without a solid stretching routine. Before you head up the mountain, roll out your mat, and join Claire as you prepare your body for a day on the slopes. Skiing, like yoga, is all about balance. In this sequence, we'll stretch out the muscles that skiing strengthens while also bringing balance and mobility to the joints to keep you carving those edges with grace and agility.

**Après Ski Yoga & Turmeric Hot Toddy:** Give your body a break and unwind with these yoga postures that help you release tension and prevent injury. Strap in for an après-ski yoga class that helps you unwind the body, stretch out and release all the muscles engaged in high-energy fun. Claire will guide you through a series of yin yoga poses that are designed to help you release tension and fatigue from the day. Enjoy a turmeric hot today (alcohol/mocktail) to keep you cozy, boost your digestive fire, enhance circulation, increase energy, and strengthen your immune system during your cold weather activities.

**Winter Routine Stretch & Sound Bath:** When the day is done and you're ready to get off the mountain and relax, don't forget to stretch. Join Claire on your mat to bring balance, mobility, and flexibility to your winter routine. Any good ski day should end with deep relaxation, Claire ends the class with a well-earned Savasana. Unwind cozied up by a warm blanket to the sounds of alchemy crystal sound bowls to achieve a deep state of optimal rest and complete your après-ski yoga routine.

**Customized Private or Couple Sessions:** Let Claire take you to the summit of absolute relaxation. She will develop a highly personalized, proprietary blend of techniques to suit the individual or couple in a bespoke one-on-one session in the privacy of your suite. This unique session can include yoga, Pilates and deep stretching. Experience the beautiful and relaxing sound of crystal alchemy bowls, a guided meditation and crystals that realign your body as you are surrounded by the healing energy of the Austrian Alps.



## WITH MORGAN WITKIN

*Expand upon your knowledge of a fundamentally plant-based diet with Morgan's Vegan Fundamentals workshop, instructing through concerns such as obtaining essential amino acids, exercise and the vegan diet, health and nutritional benefits, a vegan grocery list and more.*

**Ayurveda Workshop:** Ayurveda, or the “science of life” is the ancient yogic “medicine” that acknowledged individual differences, imbalances, and treatments. For the Yoga student, an understanding of Ayurveda is part of a complete yoga practice. At the core of Ayurveda is you, the individual, and your unique set of physical, mental and spiritual characteristics – known as dosha in Ayurvedic practice. By taking your dominant dosha(s), Ayurveda offers insights into which foods, herbs, and lifestyle activities will enhance the quality of your life, and which ones won't; leaving you empowered to make choices that will protect your physical health, your mental balance, and your spiritual well being. In this two part series workshop, learn what Ayurveda is and discover simple, yet advanced principles of Ayurveda to support vitality and balance using ayurvedic herbs and teas.

**Breakfast Bowl Workshop:** In this vegan cooking masterclass, the guests will learn about vegan breakfast bowl recipes and how to create a hearty, delicious, and perfectly balanced pre-ski vegan meal. This course will help clients master vegan breakfast pre using simple ingredients and easy recipes - one the retreat and at home.

**Golden Milk Demonstration:** Morgan explains the benefits of Turmeric while teaching how to prepare this silky smooth and slightly frothy vegan golden milk. This is the perfect nourishing drink to enjoy on a cold day or to unwind and prepare yourself for a good night's rest. This popular Indian drink is earthy, lightly sweetened, balanced and warming. It's a great alternative to coffee as it's a caffeine-free beverage.

**Guilt-Free Dessert and Herbal Tea Workshop:** Claire and Morgan will guide you through an interactive cooking experience that will leave you feeling guilt-free and satiated. Learn some fundamental techniques and recipes that will enable you to leave with the ability to reproduce a variety of different vegan sweets. You will build new skills that are necessary for a healthier lifestyle. The team will also be sharing an Ayurvedic herbal tea workshop, while employing their knowledge of the benefits of incorporating Ayurveda into your daily life. Join them as they explore these topics in depth, and learn how you can work to help you improve your health while satisfying your sweet tooth!

**Culinary Experience:** Attend a culinary experience with Morgan and our head chef Martin Schmölder, where guests will learn how to make traditional Austrian dishes and healthy favorites in an intimate setting where guests will have the opportunity to ask questions and obtain firsthand personalized instruction from both chefs.