

ADVENTURE & WELL-BEING PROGRAM- 2016

SKI & YOGA - WINTER/SPRING – FRENCH ALPS



- **Daily follow up by Jus and Jenny who knows Chamonix pretty well and knows how to mold the perfect stay for you;**
- Accommodation in a 4-star hotel at the foot of Mont-Blanc, in the heart of the village, with spa/ swimming pool access and incredible views of Europe's highest mountain;
- **Unique wellness experience through the authentic mix Yoga/Skiing on the most beautiful slopes and different ski areas at Chamonix valley;**
- Presence of a french/english/portuguese interpreter;
- **Other activities possibilities tailored throughout the week (check additional charges).**

Support:



Partner:



7 DAYS, 6 NIGHTS – PROGRAM PREVIEW*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrival in Chamonix	Yoga	Yoga	Yoga	Yoga	Yoga Free	Breakfast
	Ski/ Snowboard	Ski/ Snowboard	Ski/ Snowboard	Ski/ Snowboard	Free	Return to Brazil or Europe
Briefing	Yoga	Yoga	Yoga	Yoga	Yoga Free	
Welcome dinner	Spa	Spa	Spa	Spa	Spa	
	Dinner				Dinner	
	Discovery Cham Conference				Good-bye Chamonix	

*Subject to changes according to groups rhythm and level, the weather forecast of the day or other unforeseen events. In case of inability to perform outdoor activities because of weather conditions, other activities will be suggested and may be charged separately.

INCLUDED	EXTRA (NOT INCLUDED)
6 nights in a 4-star Hotel with free access to Deep Nature Spa (hammam, sauna, swimming pool jacuzzi);	International flights Brazil x Europe and airport taxes;
Breakfast from day 2 to day 7;	Transfer Airport/ Hotel/ Airport;
Picnic from day 2 to day 6;	Drinks;
05 days Skipass unlimited for access to all slopes of the resort;	Massage services from Deep Nature Spa;
03 dinners (days 1, 2 and 6);	Additional single room – 620 EUROS for the week.
Transportation inside the Chamonix valley (from day 2 to day 6);	
Equipment rental (skis, boots, poles, helmet, snowboard)	
04 days Ski monitor;	

08 yoga classes with Jus;	
Material for yoga practice;	
French/portuguese/english interpreter during all week.	

Dates 2016:

January	March
• 09/01/16 to 15/01/16	• 12/03/16 to 18/03/16
February	April
• 30/01/16 to 05/02/16	• 02/04/16 to 08/04/16

Support:



Partner:

DEEP NATURE
SPA & THALASSO



SNOWSHOEING & YOGA – WINTER/ SPRING – FRENCH ALPS



- **Daily follow up by Jus and Jenny who knows Chamonix pretty well and knows how to mold the perfect stay for you;**
- Accommodation in a 4-star hotel at the foot of Mont-Blanc, in the heart of the village, with spa/ swimming pool access and incredible views of Europe's highest mountain;
- **Unique wellness experience through the authentic mix Yoga/Snowshoeing on the most beautiful winter tracks at Chamonix valley;**
- Presence of a french/english/portuguese interpreter;
- **Hunter's night with snowshoeing and restaurant;**
- Other activities possibilities tailored throughout the week (check additional charges).

Support:



Partner:

DEEP NATURE
SPA & THALASSO



7 DAYS, 6 NIGHTS – PROGRAM PREVIEW*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrival in Chamonix	Yoga	Yoga	Yoga	Yoga	Yoga Free	Breakfast
	Snow shoeing	Snow shoeing	Landscape reading	Snow shoeing	Free	Return to Brazil or Europe
Briefing	Yoga	Yoga	Snowshoeing	Yoga	Yoga Free	
Welcome dinner	Spa	Spa	Yoga	Spa	Spa	
	Dinner		Spa		Dinner	
	Discovery Cham Conference		Hunter's night		Good-bye Chamonix	

*Subject to changes according to group's rhythm and level, the weather forecast of the day or other unforeseen events. In case of inability to perform outdoor activities because of weather conditions, other activities will be suggested and may be charged separately.

INCLUDED	EXTRA (NOT INCLUDED)
6 nights in a 4-star Hotel with free access to Deep Nature Spa (hammam, sauna, swimming pool jacuzzi);	International flights Brazil x Europe and airport taxes;
Breakfast from day 2 to day 7;	Transfer Airport/ Hotel/ Airport;
Picnic from day 2 to day 6;	Drinks;
05 days Multipass unlimited to access the lifts on the resort;	Massage services from Deep Nature Spa;
04 dinners (days 1, 2, 4 and 6);	Additional single room – 620 EUROS for the week.
Transportation inside the Chamonix valley (from day 2 to day 6);	
Showshoeing rental	
04 days mountain guide;	

Support:



Partner:

DEEP NATURE
SPA & THALASSO



08 yoga classes with Jus;	
Material for yoga practice;	
French/portuguese/english interpreter during all week.	

Dates 2016:

January	March
• 23/01/16 to 29/01/16	• 19/03/16 to 25/03/16
February	April
• 06/02/16 to 12/02/16	• 09/04/16 to 15/04/16

Support:



Partner:



HIKING & YOGA – SUMMER/ AUTUMN – FRENCH ALPS



- **Daily follow up by Jus and Jenny who knows Chamonix pretty well and knows how to mold the perfect stay for you;**
- Accommodation in a 4-star hotel at the foot of Mont-Blanc, in the heart of the village, with spa/ swimming pool access and incredible views of Europe's highest mountain;
- **Unique wellness experience through the authentic mix Yoga/Hiking on the most beautiful tracks at Chamonix valley;**
- Presence of a french/english/portuguese interpreter;
- **Other activities possibilities tailored throughout the week (check additional charges).**

Support:



Partner:

DEEP NATURE
SPA & THALASSO



7 DAYS, 6 NIGHTS – PROGRAM PREVIEW*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrival in Chamonix	Yoga	Yoga	Yoga	Yoga	Yoga Free	Breakfast
	Hiking	Hiking	Landscape reading	Hiking	Free	Return to Brazil or Europe
Briefing	Yoga	Yoga	Hiking	Yoga	Yoga Free	
Welcome dinner	Spa	Spa	Yoga	Spa	Spa	
	Dinner		Spa		Dinner	
	Discovery Cham Conference				Good-bye Chamonix	

*Subject to changes according to group's rhythm and level, the weather forecast of the day or other unforeseen events. In case of inability to perform outdoor activities because of weather conditions, other activities will be suggested and may be charged separately.

INCLUDED	EXTRA (NOT INCLUDED)
6 nights in a 4-star Hotel with free access to Deep Nature Spa (hammam, sauna, swimming pool jacuzzi);	International flights Brazil x Europe and airport taxes;
Breakfast from day 2 to day 7;	Transfer Airport/ Hotel/ Airport;
Picnic from day 2 to day 6;	Drinks;
05 days Multipass unlimited to access the lifts on the valley;	Massage services from Deep Nature Spa;
03 dinners (days 1, 2 and 6);	Additional single room – 620 EUROS for the week.
Transportation inside the Chamonix valley (from day 2 to day 6);	



Support:



Partner: **DEEP NATURE**
SPA & THALASSO

04 days mountain guide;	
08 yoga classes with Jus;	
Material for yoga practice;	
French/portuguese/english interpreter during all week.	

Dates 2016:

June	August
• 25/06/16 to 01/07/16	• 06/08/16 to 12/08/16 • 20/08/16 to 26/08/16
July	September
• 02/07/16 to 08/07/16	• 17/09/16 to 23/09/16

To more informations about Chamonix, visit oficial website: www.chamonix.com

To more complementary informations, you can contact us through our email:

jpr@tempo-hospitality.ch or jennymenez@deepnature.fr