

# YOGA ON SNOW

..... THE FIRST YOGA PISTE IN THE WORLD! .....

*You will find the first yoga piste in the world on the "Paradiso piste" in St. Moritz. Four dedicated stations have been set up for practising yoga under expert guidance. The stations were*

*selected at specific locations in keeping with the respective yoga theme. This is a new approach to the piste and the rhythm and perspective of skiing changes.*

**OM: ARRIVAL**



**PRANA: LIFE ENERGY (BREATHING)**



**SURYA: SUN (COMBINING BREATHING AND MOVEMENT)**



**VIRABHADRASANA II: THE WARRIOR (STRENGTH & WILL)**



**YOGA ON SNOW** is presented by **Suvretta Snowsports School**

For more information call + 41 [0]81 836 61 61 or check [www.suvrettasnowsports.ch](http://www.suvrettasnowsports.ch)