



BADRUTT'S PALACE
ST. MORITZ SWITZERLAND

PRESS RELEASE

***#PALACE WELLNESS: LIFTING YOUR SPIRITS.
DIVE-IN AND LET IT FLOW. WITH ALL YOUR
SENSES.***

ST. MORITZ, October 2016 – Palace Wellness invites you. To four new wellness programs, seven days each. Reduce your stress. Release your physical and emotional pain. Join us for a journey to self-love. Balance and regain your energy. Introduced and implemented by Vinod Kumar. The professional, certified yoga master from India is specialized in »Hatha Yoga« and »Raja Yoga«. Romance is missing? The new treatment »Therapeutic Suite Veronica« has it all. This winter Palace Wellness is all about your well-being. This winter Palace Wellness is all about you. Or the two of you.

Vinod Kumar. With twelve years of teaching experience in »Hatha Yoga« and »Raja Yoga« the Indian yogi is specialized in yoga therapies and stress management programmes including meditation and deep relaxation techniques. This winter he will be the Wellness Coach at Palace Wellness. Practising four holistic wellness programs, that consist of ten wellness sessions within seven days each.

Your everyday life is very busy? A full schedule leaves no time to rest, think and actually do something for yourself. The program »Stress Management« includes yoga sessions, meditation classes and personal training sessions. It helps you to relax with a therapeutic massage and find your inner balance with a Shirodhara treatment.

The program »Releasing Physical & Emotional Pain« helps against a stiff and tight body. A mixture of yoga sessions, energising massages, a Shirodhara treatment and a personal training will support you to get rid of all the unnecessary dead weight ballast that blocks your mind and body, so that you will find your inner well-being again.

»A journey to self-love«. Travel to your inner core. With the third wellness program. Yoga sessions and guided meditation classes. A Shirodhara treatment, an energising massage and the experience of learning to massage yourself. The outcome? You will learn to love your body. You get to know your beauty and your preciousness.

You feel tired and adrift? The fourth well-being program »Balancing the Energy Flow« supports you with steering and balancing your inner power. Yoga sessions and guided meditation classes as well as energising massages and a personal training.

The arrangements. A whole wrap up. Alone or for the two of you. Let your energy flow. With all your senses.

Badrutt's Palace Hotel, Via Serlas 27, 7500 St. Moritz, Switzerland
Telephone: +41 (0)81 837 1000, Fax: +41 (0)81 837 2999, Reservations: +41 (0)81 837 1100
reservations@badruttspalace.com, www.badruttspalace.com



swiss
historic
hotels



ABOUT BADRUTT'S PALACE HOTEL

Let the magic enchant you. From discrete service to traditional elegance. The captivating atmosphere. Laid-back luxury and the hotel's particular magic is what keeps our guests coming back. Located in one of the most fascinating ski regions in the world. Endless summer Alpine activities. The ideal holiday destination. 157 rooms incl. 37 suites. Full house with 8 restaurants, 3 bars and a night club. Member of The Leading Hotels of the World, Swiss Deluxe Hotels und Swiss Historic Hotels. Winter Season 2016/17: 2nd December 2016 – 27th March 2017.

CONTACT MEDIA RELATIONS

Yvonne Geiling
PR Manager
Badrutt's Palace Hotel
St. Moritz / Switzerland
Tel. +41 (0)81 837 26 52
pr@badruttpalace.com
<http://www.badruttpalace.com/en/press/press-releases>

Badrutt's Palace Hotel, Via Serlas 27, 7500 St. Moritz, Switzerland
Telephone: +41 (0)81 837 1000, Fax: +41 (0)81 837 2999, Reservations: +41 (0)81 837 1100
reservations@badruttpalace.com, www.badruttpalace.com

