



Chiene
Huus
by Kientalerhof



Ayurveda Wellness Days

Enjoy Ayurvedic meals and
choose individually from
attractive Ayurveda offers.

Auszeit. Achtsamkeit. Erholung.

www.chienuhus.ch

Offers

Kundalini Yoga

combines dynamic and static asanas with meditative and spiritual elements - with the aim of cleansing the chakras in the body.

Meditations

Guided meditations or introduction to a type of meditation suitable for you.

Ayurveda Massagen

Massages with special warm herbal oil.

Ayurvedische Schlaf-Beratung

Sleep is a vacation, regeneration and reconnection for the soul, processes experiences and nourishes body and mind with fresh energy. It is essential for our well-being and our human growth potential.

Ayurvedische Lifestyle-Beratung:

Ayurveda offers a wide range of practical everyday tips that you can use to enrich your life and strengthen your body, mind and soul without much effort. Raghavendra Bhat will discuss with you the best life hacks (ingenious everyday tips) for you..

YIN-Massage

Immerse yourself in the depths of love. Experience gentle and warm security. The massage focuses in particular on the heart and chest area.

Body therapies:

Trager therapy

The therapy reminds us of our lightness through passive movements.

Craniosacral therapie

works with very subtle touches and frees our life force from restrictive patterns.

Shiatsu

Japanese energetic body treatment on the clothed body to release blockages in the meridian system.

Esalen massage

is a gentle full body massage in the slow rhythm of the soul.

Astrological orientation:

Using the horoscope, we look at the light that wants to come into the world through your life and what it needs to mature and shine

Ayurveda Wellness

Ayurveda has become an integral part of the wellness landscape. Its sensually appealing offers are appreciated and also help us in the West to achieve more inner peace, balance, vitality and a good body feeling.

Ayurveda wellness days are a simple and yet very effective alternative to Ayurveda cures, which we also offer. They are an easy way to get to know the possibilities that exist to regenerate and strengthen resilience.

At ChieneHuus we offer these at favorable conditions and a practical selectable system.

You pay for the nights you want in the radiation-neutralized Holz100 house ChieneHuus, including an Ayurvedic vegetarian full board. Our Ayurveda chef Raghavendra Bhat will personally prepare meals to suit your type and serve them to you in the beautiful Chienehuus lounge.

Daily structure

(free to choose)

7.00 - 8.00 a.m.

Morning yoga (optional pulse diagnosis on an empty stomach)

8.00 - 9.15 a.m.

Breakfast

09.30 - 12.00 a.m.

Offers or free time

12.30 - 1.15 p.m.

Ayurvedic lunch

2.00 - 6.00 p.m.

Offers or free time

4.00 - 5.00 p.m.

Snack or Satsang
(discussion group) with Raghavendra Bhat

6.30 - 7.15 p.m.

Ayurvedic dinner

20.00 - 21.30 p.m.

Meditative Abend-Yoga-Praxis mit geführter Schlafroutine

Your companions

Raghavendra Bhat
Jana Rüegg
Anna-Katharina Berger



Accommodation costs

per night, per person
inkl. ayurvedic full board

Holz100-ChienuHuus:

Single room with shower/WC: CHF 238

Double room with shower/WC: CHF 178

Kientalerhof:

Single room with shower/WC: CHF 188

Double room with shower/WC: CHF 143

Costs offers

Ayurveda massage: 1 h / CHF 150

Body therapy: 1 h / CHF 140

Yoga - individual session: 1 h / CHF 90

Yoga - group session: 1 h / CHF 25

Meditation: 1 h / CHF 90

Ayurved. sleep consultation: 1 h / CHF 90

Ayurved. lifestyle consultation: 1.5 h / CHF 120

YIN-Massage: 1 h / CHF 140

Astrological orientation: 2.5 h / CHF 200



Anmeldung
und Information

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