

SABRINA NUSSBAUM-BERGER
YOGA SNOWSPORTS INSTRUCTOR

YOGA ON SNOW

YOGA MEANS: "UNION" & "INTEGRATION"

FOTOS: LUCA CRIVELLI





We are increasingly losing touch with our bodies, distancing ourselves from nature and no longer know what to believe.
Yoga gives us various tools with which we can develop our own inner path.
Yoga on Snow takes us to special places that we have not been to for a very long time. We again learn to

- *Perceive and really see the stunning natural landscape*
- *Enjoy a relaxed feeling of physical well being*
- *Achieve calmness of mind*
- *Take a step back from everyday life and unleash new energy*

SABRINA NUSSBAUM-BERGER

In spring 2012, Sabrina and her husband Nick Nussbaum opened the world's first yoga hiking trail in Ticino. You will find the exact location under "Sentiero dello Yoga" at ***www.b-yoga.ch****.*

Sabrina has been working at Suvretta Snowsports for 27 years. She first practised yoga in 1987 in Hawaii (Ashtanga) and today she is a qualified Hatha/Vinyasa yoga instructor. Certificate: Yoga Alliance International 500 h.

Thanks to its close links with nature and the diverse contact with people from all over the world, ***YOGA ON SNOW*** *is a project that is very close to Sabrina's heart.*

OM: ARRIVAL



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.

YOGA ON SNOW
EVERY SATURDAY
With YOGA SNOW SPORTS instructors

Yoga on Snow
Half or full day, start: 10:00 a.m.
Yoga Indoors
5:00 p.m. – 6.30 p.m.

The courses can be booked either individually or as a group.

PRANA: LIFE ENERGY (BREATHING)



SURYA: SUN (COMBINING BREATHING AND MOVEMENT)



VIRABHADRASANA II: THE WARRIOR (STRENGTH & WILL)

