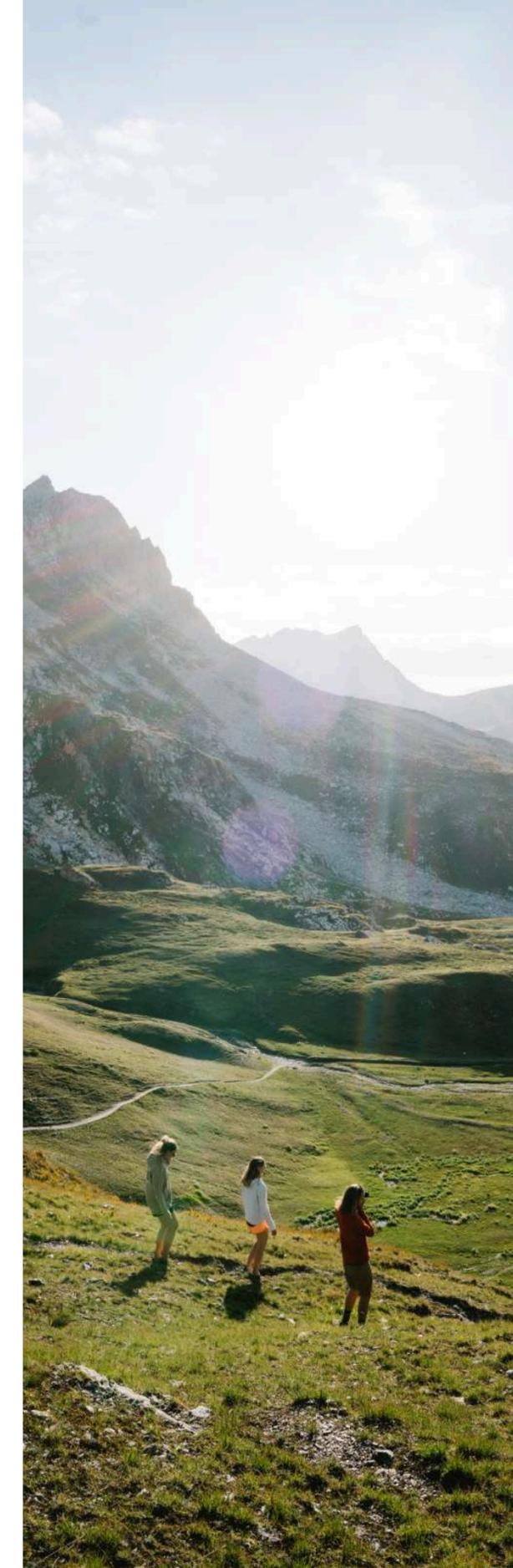


FROM 26 TO 28 JUNE 2026

YOGA RETREAT

YOUR WELLNESS WEEKEND IN THE HEART OF TIGNES



YOUR YOGA retreat

From 26 to 28 June 2026, treat yourself to a 3-day, 2-night stay in the heart of Tignes, thoughtfully designed in an intimate and rejuvenating setting. With Pauline Kunegel, physiotherapist and yoga instructor, enjoy a programme carefully crafted to offer you a complete experience.

Please note: the programme may be subject to change depending on weather conditions and participants' preferences.





YOUR SCHEDULE

day 1

ARRIVED IN 4p.m

Participants' welcome, introduction to the accommodation
& check-in

5p.m

Workshop: Opening circle at the start of the retreat

6 p.m

Gentle Vinyasa and mobility session

7 p.m

Dinner

9 p.m

Yin Yoga session: creating your personal space for the retreat

*Optional add-on: body or facial massage available to book
(from €45)*

YOUR SCHEDULE

day 2

8 a.m

Vinyasa Flow session: Strength & Flow

9 a.m

Breakfast

10 a.m

Hike around the Tignes area

1 p.m

Lunch at Chalet Hôtel Yéti

2 p.m

Themed activity: the art of breathing

4 p.m

Afternoon snack & free time

*or optional add-on: body or facial massage available to book
(from €45)*

5.30 p.m

Yin Yoga session: Mobility & Release

8 p.m

Dinner at Chalet Hôtel Yéti

*Optional add-on: body or facial massage available to book (from
€45)*





YOUR SCHEDULE

day 3

8 a.m

Vinyasa Flow session: Breath and Endurance

9 a.m

Collation

9.30 a.m

Themed workshop: Mobility & Flexibility

or Creative workshop: Introduction to journaling (optional, €60/person)

or Self-massage workshop: "facial routine" (optional)

or Free time

11 a.m

Brunch & reflection on the retreat

2 p.m

Closing of the weekend

INCLUDED IN *your stay*

- Accommodation – beds made on arrival, linen provided
- Vinyasa and Yin Yoga sessions
- Hiking
- Themed workshops
- Guidance and support throughout the retreat
- Meals and drinks (soft drinks only)
- An on-site photographer will capture the retreat, creating beautiful memories for you

PRICES FROM €730 PER PERSON

- for 3 days & 2 nights

Booking: contact@altituderesidences.com | +33 (0)6 81 73 44 94

Please note: some activities may be available at an additional cost. Transport to and from the retreat is not included.



YOUR HOUSE FOR THE WEEKEND:

the Yeti

Your stay will take place at Chalet Hôtel Yéti, a high-end address where contemporary elegance meets alpine authenticity. Ideally located in the heart of Tignes Le Lac, in the peaceful Almes district and just a short walk from the shops, the hotel offers a tranquil setting. The property features modern, welcoming suites, fully equipped to provide optimal comfort. With a wellness area and a fitness room, Chalet Hôtel Yéti invites you to extend the benefits of your retreat in a cosy atmosphere.

Shared room with shared bathroom
(Rooms 2 & 6): **from €730**
Single occupancy option: €830



Shared room with private bathroom
(Rooms 3, 4 & 5): **from €770**
Single occupancy option: €870



Single room with balcony and private bathroom
(Rooms 7, 8 & 9):
from €920





YOUR YOGA TEACHER:

Pauline

This retreat was designed in collaboration with Pauline, a physiotherapist for 16 years and a yoga teacher.

“

From the very beginning of my practice, movement has been at the heart of my approach to care and my deepest aspirations. Supporting the body in its natural intelligence, restoring mobility, and cultivating a more conscious relationship with movement have always guided my work.

It was only natural that I turned to yoga, a practice that extends this approach. My teaching focuses on postural and functional yoga, respectful of the body, attentive to each individual's needs, and adaptable to any existing conditions.

— *Pauline Kunegel*

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YOUR PRIVATE CHEF:

Andrew

With 10 years of experience across the Alps, Andrew Richardson, your private chef, will prepare healthy and delicious dishes to complement your stay.

“

Whether you are planning a fully catered holiday, a one-off dinner, or a special event, I adapt to your tastes and dietary requirements. From summer buffets and barbecues to intimate tasting menus or elegant dinners, I prepare each dish with care using fresh, seasonal ingredients.

I create fully flexible menus: whether you prefer vegetarian, vegan, gluten-free options, or simply your favourite flavours, I take care of everything so you can simply relax and enjoy.

— **Andrew Richardson**

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TIGNES IN FEW *words*

Nestled in the heart of the French Alps, Tignes is one of those destinations where nature reveals its full splendour. In the warmer months, the resort becomes a place where outdoor activities and alpine landscapes come together to create a unique mountain wellness experience.

Around its high-altitude lake, the village comes to life, revealing a warm and welcoming atmosphere: walks, activities, shops, and summer events fill the days while preserving the elegance and authenticity of the location.

BY CAR

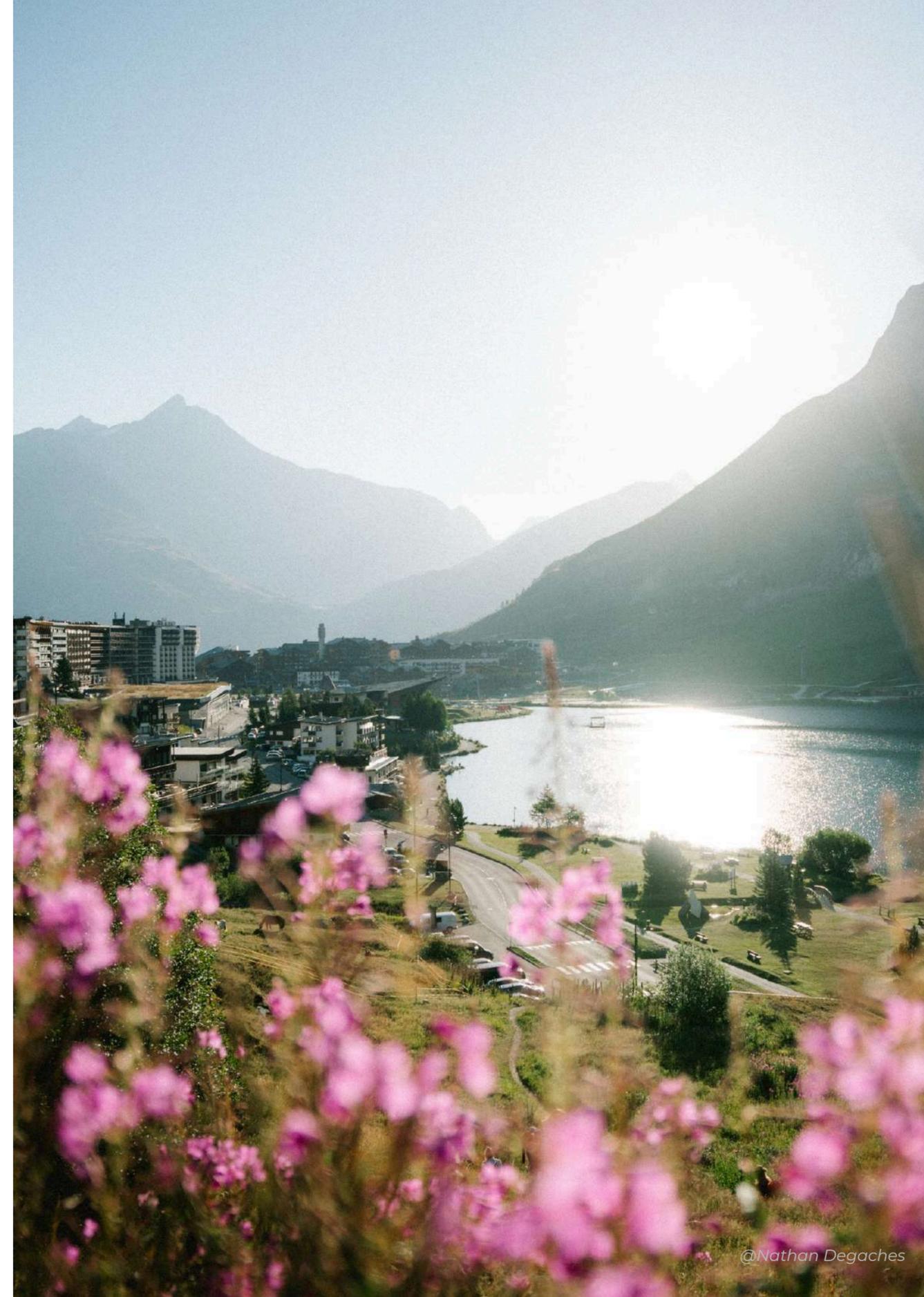
From Chambéry, take the A43 and A430 motorways to Albertville, then the N90 national road towards Bourg-Saint-Maurice. Pass through Bourg-Saint-Maurice and follow the D902 in the direction of Tignes.

BY TRAIN

You arrive at the SNCF train station in Bourg-Saint-Maurice, in the valley, then take a taxi or bus connection to the resort. The bus station is located next to the SNCF station.

BY PLANE

The four nearest airports are: Geneva-Cointrin Airport, Lyon-Saint-Exupéry Airport, Grenoble Airport, and Chambéry Airport. From there, you can reach the resort by taxi, shuttle, or bus.





ALTITUDE RÉSIDENCES

créateur de séjour en montagne

À PROPOS DE *nous*

The Altitude Residences group is a small family-run company based in the French Alps, specialising in the construction and operation of high-end accommodations. Our ambition is to create the perfect combination of the comfort and independence of an apartment or chalet with the quality of hotel services.

We carefully design, build, furnish, and manage our properties to meet our guests' needs, providing premium services and facilities.

Close to our clients, our goal is to offer a high-quality, personalised stay. To achieve this, we make our expertise and our network of trusted local partners available throughout the resort.

A photograph of a balcony with a wooden ceiling and a metal railing. In the foreground, there are several orange lounge chairs. In the background, there is a view of a mountain town with buildings and a mountain range under a clear blue sky.

INFORMATION & *booking*

Eugénie - Booking center

contact@altituderesidences.com | +33 (0)6 81 73 44 94

Chloé & Mathilde - communication department

chloe@altituderesidences.com | mathilde@altituderesidences.com |
+33 (0)6 81 73 44 94