

EXCURSIONS, GUIDED TOURS, ANIMATION, ILE ST PIERRE

SUNRISE ON ST. PETER'S ISLAND

A HEALTHY & INSPIRING WAY TO START YOUR DAY

Cruise to St. Peter's Island

Meeting point is 7am at harbor Lüscherz or 7 am at harbor Ligerz. You cruise by boat to St. Peter's Island where the sunrise yoga take place.

Rise with the sun

Embrace this new day with ease and vitality. Welcome the sunrise together with yoga teacher Christelle Chopard with conscious breathing techniques and graceful movements of Yoga. Dharmi-Yoga of the 5 elements balances the body in a holistic way, brings more strength and flexibility. Get inspired in the heart of nature surrounded by water, plunge into peace of mind and vitality.

Enjoy the açai bowl

You get back on the boat after the yoga session and enjoy a delicious açai bowl on the lake of Biel. Around 10am you arrive deeply relaxed and truly refreshed at harbor Lüscherz and Ligerz.

OPENING HOURS

The 25 Aug 2024
Sunday

08:00 - 10:30

GOOD TO KNOW

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CONTACT

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