

Shiatsu Kiyindo®

Sunday 1 March

Pierre Clavreux



*Try Kiyindo® Shiatsu, a highly specific art designed to tone up your energies
with Pierre Clavreux – a Shiatsu Master and a pioneer in Europe.*

This technique of dispersion/toning through the movement of stimuli allows for in-depth movement.
Based on the principle of cross-similarities in the body, Kiyindo® Shiatsu works on the tendons,
muscles and joints. Its preventive effect is remarkable, while it also has a definite impact on stress,
sleep and digestive-related issues.

Private sessions by appointment only - 60 min: 200 Chf

Information and bookings: 022 959 59 89 - info-geneve@spanescens.com

Healthy brunch

Sunday 8 March

*What could be more right than to offer you
a healthy brunch at Café Lauren?*



Under the impetus and guidance of Eric Canino, Michelin two-starred chef at La Réserve Ramatuelle, Café Lauren chef Nathalie Nguyen Thi prepares dishes elegantly pampering taste buds while ensuring a guilt-free culinary experience.

The Healthy Brunch menu features options that are sweet and savory, balanced and light, vegetarian and vegan, crafted from ingredients duly chosen for their nutritional value and flavor.

The highlight of your weekend and of your endeavors to remain on top form, the Healthy Brunch is a delicious invitation to take care of yourself in a delightfully flexible way.

If you wish, you can take part in the group stretching class given by our coaches from 11am to 12 noon, in a room bathed in natural light and surrounded by greenery.



Every Sunday from 8 March - 65 Chf per person including:
- the group class from 11am to 12 noon
- the Healthy Brunch served at Café Lauren, including soft drinks
Open to all subject to prior booking

Information and bookings: 022 959 59 89 - info-geneve@spanescens.com

Thai boxing

From Tuesday 10
to Thursday 12 March

Mohamed Bouazza



*Two-time French Thai boxing champion Mohamed Bouazza
has been playing this sport since his earliest childhood.*

Both complete martial art and combat sport, Thai boxing develops coordination and flexibility, while energizing the muscular and cardiovascular system.



Private lesson by reservation only

1 hour 130 Chf
or counting as 1 personal training session for members

Group class*

Wednesday 11 March 6.30pm

*Complimentary group class for members and guests staying at the hotel

Information and bookings: 022 959 59 89 - info-geneve@spanescens.com

Saturday 14 March

Snowshoes trek



Imagine...

*snow crystals sparkling in
the sunshine, overlooking a
sea of cotton-candy clouds
or views of Lake Geneva,
with the Alps and Mont-
Blanc on the horizon.*

9am -9.30am: Welcome at Café Lauren with a smoothie

9.30am: Minibus departure from La Réserve Genève

1pm: Return to the hotel

Maximum of 9 participants - Equipment supplied: snowshoes - batons - backpack
Required dress code: ski clothes - gloves - warm hat - sunglasses - hiking boots or après-ski shoes

Complimentary snowshoe trek for members and guests staying at the hotel

130 Chf or counting as 1 personal training session for members

By appointment only - info-geneve@spanescens.com

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Winter serenity

From Monday 23
to Friday 27 March

Tara South

When asked why she is a yoga teacher, Tara South simply answers: "I love it to the point of passion and I want to share it with the world. I really feel that yoga gives me a serene space, in which to get in touch with my pulsating body. Yoga frees us from all the useless layers that hinder our lives and allows us to overcome our daily challenges. Yoga leaves us with who we really are: the raw, essential version of ourselves that is really beautiful."



GROUP CLASSES

Monday 23 March

12.20pm.....Hatha Yoga
6.30pm.....Yin and Candlelit meditation

Tuesday 24 March

10.30am.....Vinyasa Flow (Intermediate to advanced level)
6.30pm.....Healing through restorative yoga

Wednesday 25 March

12.30pm.....Mandala Flow
6.30pm.....Meridian and Chakra clearing through Yin

Thursday 26 March

10.30am.....Hatha Yoga
6.30pm.....Pranayama, meditation and observation

Friday 27 March

12.30pm.....Vinyasa Flow (All level)
6.30pm.....Yin and Candlelit meditation

Group classes complimentary for members
and guests staying at La Réserve Genève

Open
to all

PRIVATE LESSONS

Monday 23, Tuesday 24, Wednesday 25,
Thursday 26 and Friday 27 March

By appointment only - 1 hour: 130 Chf
or counting as 1 personal training
session for members

Package of five selected classes, open to external customers: 290 Chf

Information and bookings: 022 959 59 89 - info-geneve@spanescens.com



Daily

10% REDUCTION

*on food options**

*From now on, as a member you enjoy
a 10% reduction in all our restaurants.*

Gourmet tradition and a classic brunch at the Loti ; refined Asian gastronomy in Switzerland's only Michelin-starred Chinese restaurant at the Tsé Fung ; light wellness cuisine and a healthy brunch at the Café Lauren, international specialties at the Bar, seasonal delicacies at the Lodge... Succumb to your every desire.



*10% reduction exclusively reserved for members and valid for any meal, excluding beverages

Subject to prior booking at the Spa reception: info-geneve@spanescens.com - 022 959 59 99