$Kiyindo^{\text{(R)}}$



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

Healthy brunch

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



nder the impetus and guidance of Eric Canino, Michelin twostarred 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.

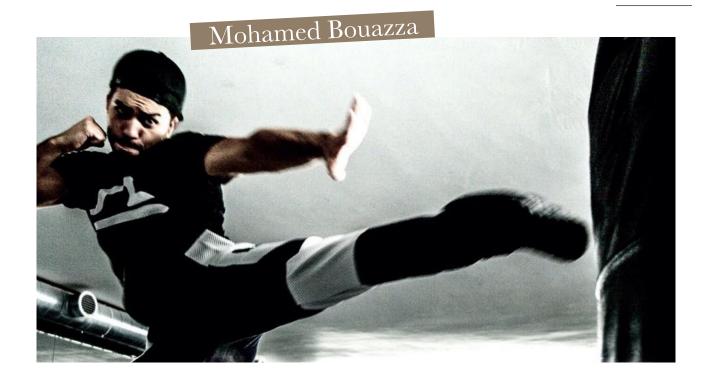
If you wish, you can take part in the group stretching class given by our coaches from 11am to 12 noon, in a room bathed in natural light and surrounded by greenery.



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

Thai boxing

From Tuesday 10 to Thursday 12 March



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.

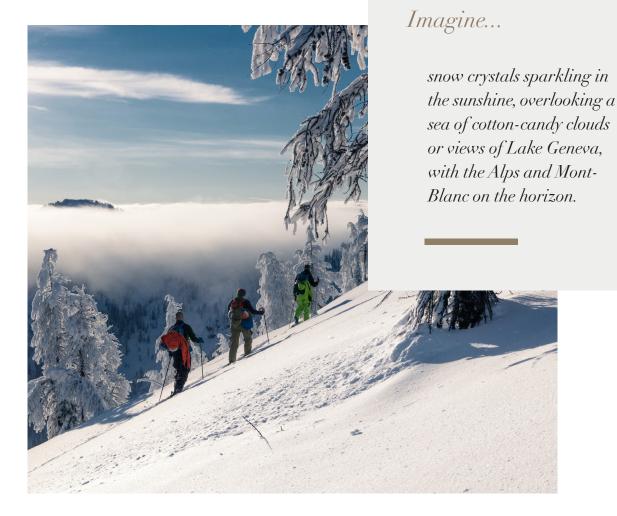


Private lesson by reservation only
1 hour ______130 Chf
or counting as 1 personal training session for members

"Complimentary group class tor members and guests staying at the hote

Snowshoes

trek



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

Winter serenity

Tara South

hen 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	
6.30pm	

Thursday 26 March 10.30am......Hatha Yoga

6.30pmf	^P ranayama,	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



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



10% REDUCTION

on food options*

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

ourmet 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