

January

10-12, 2025

Fri 17:00 to Sun 14:00



Rooted IN REST

A retreat for profound
self-care and renewal

Your journey to your best
new year begins here !



Papill'on Boutique Hotel
28 la Tzoumaz Rue Centrale
1918 la Tzoumaz, Switzerland

the PACKAGE

- Two nights accommodation in a stylish boutique hotel in the mountain (private and shared options available)
- Delicious apero upon arrival, breakfast on Saturday and Sunday, lunch at the hotel on Saturday

PRICE

EARLY BIRD - UNTIL 05.12.24

545 CHF - single room
440 CHF - double room

FULL PRICE

619 CHF - single room
525 CHF - double room

NOT INCLUDED

cost of travel to/from the hotel
dinner on Saturday

PLACES ARE LIMITED

the PROGRAM

- "True Self-Care through Self-Compassion and Self-Acceptance" -with Anna Lianna-Monnier
- "Rest instead of a Rush" - with Anna Lianna-Monnier
- "Your body is your Home : How to connect and listen to your body" - with Andrea Trilby
- "Let your body move freely" - with Andrea Trilby

PLUS

Scenic walk in the heart of Swiss Alps, Visual Board Crafting, lots of fun and deep sharing with like-minded women, surprising goodies and much more!

PLEASE BOOK IN ADVANCE BY
SCANNING THE QR CODE



I said, "Oh, that I had the wings of a dove! I would fly away and be at rest."

Psalms 55:6 NIV

Retreat GOALS

In a world that constantly urges us to push harder, dream bigger, and “finish the year strong,” we invite you to do something profoundly different. At **Rooted in Rest**, we believe true strength lies in our ability to pause, breathe, and root ourselves deeply in rest and self-acceptance.

We honor big dreams and bold goals and we wholeheartedly want to encourage you to envision your bright future and to help you set the inspiring vision for your 2025! We also believe these flourish best on the ground of self-acceptance, inner peace, and profound renewal.

Give yourself a gift of this retreat that is designed to be a sanctuary that offers a gentle, intentional space to nurture your mind, body, and spirit.

This is a space to connect with yourself as you are, allowing rest to be your guide and anchor.

Come ready to experience a new way forward and lay out a solid foundation for your new year ahead!

Remember - You are worthy of this special moment of self care!

About Your Hosts:

Andrea Trilby

Clinical Supervisor, Certified Creative Dance and Expression Therapist, Certified Theater Instructor, Certified Educator, Author
Married and a Mother of two teenagers
<https://www.shoes-off.com>



Anna Lianna-Monnier

Psychologist, motivational speaker, Empowerment coach
Founder of the Center for Emotional Health.
Happy wife and a mom of 5 year old son
<https://www.liannamonnier.com>

