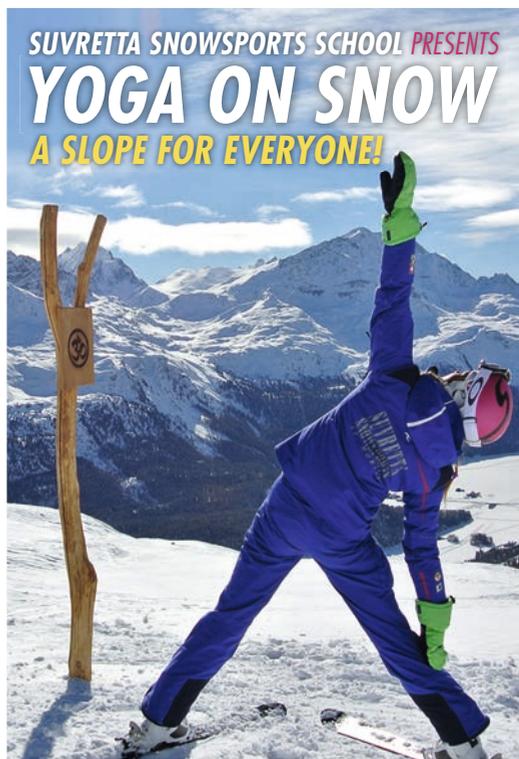


# YOGA ON SNOW

This special slope gives you the opportunity to unite with the beautiful nature and your own body, surrounded by the spectacular mountains of Engadin. During two runs you will pause at four wooden signs. 1 – 4

At each stop you will have the chance to practice a specific Yoga theme. You will have a new experience of moving on the mountains. It is easy and fun and you will feel the benefits in your ski practice as well. Take the light and the energy of this Valley into your heart.

- |                                    |            |
|------------------------------------|------------|
| 1. TADASANA: MOUNTAIN              | ARRIVAL    |
| 2. PRANA: ENERGY OF LIFE           | BREATH     |
| 3. SURYA NAMASKARA: SUN SALUTATION | CONNECTION |
| 4. VIRABHADRASANA II: THE WARRIOR  | STRENGTH   |
| 5. TRIKONASANA: TRIANGLE           | SHAPES     |
| 6. VRAKASANA: THE TREE             | BALANCE    |
| 7. UTTANASANA: EXTENSION           | CHANGE     |
| 8. SAVASANA: ANGEL IN THE SNOW     | TO LET GO  |



SUVRETTA SNOWSPORTS SCHOOL PRESENTS  
**YOGA ON SNOW**  
A SLOPE FOR EVERYONE!





1

**1. TADASANA: MOUNTAIN** **THEME: ARRIVAL**

Put your ski poles on the side. Try to stand still for a few minutes, let your arms hang by your side. Close your eyes and let go of all tension in your feet. Feel that you are standing on a mountain and you are a part of it.



**5. TRIKONASANA: TRIANGLE** **THEME: SHAPES**

Find a stable snowplow pose. Extend both side of your torso, get into a side bend and try to look up to the sky.



2

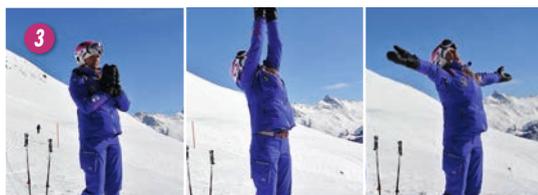
**2. PRANA: ENERGY OF LIFE** **THEME: BREATH**

Cover your ears with your hands and close your eyes. Listen to your breath. Breathe only through your nose. Become aware of the fresh air flowing into your lungs.



**6. VRKSASANA: THE TREE** **THEME: BALANCE**

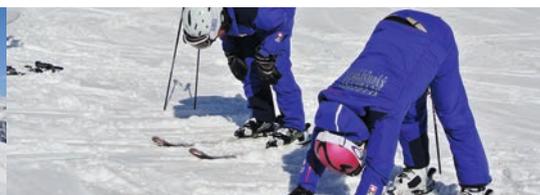
Take off one ski. Try to stand on one leg. Can you close your eyes? Just play, being in balance is a wavering state.



3

**3. SURYA NAMASKARA: SUN SALUTATION** **THEME: CONNECTION**

Synchronize your breath with the movement: each inhale expand up to the sky, each exhale center down to earth. Flow through the movements and feel the free space and quality of heat in your body.



**7. UTTANASANA: EXTENSION** **THEME: CHANGE**

Bend forward and lengthen the back of your body. Let your head hang completely relaxed. In this position you gain a completely new view.



4

**4. VIRABHADRASANA II: THE WARRIOR** **THEME: STRENGTH**

Mental and physical force gives you stability and courage. Stand tall and strong like a warrior, don't be afraid of the challenges in your life.



**8. SAVASANA: ANGEL IN THE SNOW** **THEME: TO LET GO**

Lay down on the snow and close your eyes. Allow your body to be heavy and let go. Let your thoughts fly to the sky. Now you are here, on this mountain and it will take care of you.