



# Uncover

Find your own way!

Discover who you are, your strengths and where you want to go in the breathtaking Aletsch Glacier region through hiking, yoga, art and guided activities by an experienced coach and an accomplished artist.

You are a successful overachiever. But you are looking out for new horizons in your professional and personal life. As you have been running in a hamster wheel accomplishing incredible things for twenty years, it is not so easy to find what your dreams are or what impact you want to have in the world. What is next? What is your second mountain?

Experiential coach and innovation expert Anja Wyden Guelpa, with the contribution of artist Séverin Guelpa will guide you on a journey using mind, body and heart to identify what truly fulfills you and who you are at your core. In a small group of 6 to 18 people you will meet and be inspired by amazing people who

all a lot to share. At the natural surroundings of the Aletsch Glacier we will use hiking, yoga, visualization and other activities to identify what's next in your life, clarify your path towards it and build courage to dare your next step.

“Life is too short to live someone else's life” Steve Jobs

Start today to uncover who you are and reveal where you want to go!







## Our experience to guide you on an amazing journey

### Anja Wyden Guelpa

As an optimist and a person of action and reflection, Anja Wyden Guelpa founder and CEO of civicLab helps companies to become more competitive and attractive through their corporate culture. By using collective intelligence and innovation techniques she helps executives and teams to excel. Anja teaches innovation and design thinking in two universities, is chairwoman or member of different boards of corporate companies and foundations, is an international public speaker and used to be the State Chancellor of the State of Geneva for 8 years.

with the contribution of  
**Séverin Guelpa**

Artist and director of Matza, Séverin Guelpa creates large installations inspired by the grandiose territories he explores, often at the heart of ecological or human issues. In parallel to his exhibitions around the world, he creates Matza and invites artists, scientists and architects with him to work in endangered regions such as the Aletsch glacier.

### When

The retreat starts on Thursday July 2 at 10 am and ends on Sunday July 5 at 4 pm. The program includes visits, yoga, group coaching, hiking, walk on the glacier and art approaches.

### Where

Brig - Mund - Belalp - Riederalp - Aletschgletscher - Mörel - Brig

### Typical retreat day

- 7 am meditation and yoga beginners welcome (60')
- 8:30 am Breakfast
- 9:30 group session
- 11:30 hiking
- 1 pm lunch
- 3 pm group session
- 6 pm yin yoga (30')
- 7 pm apero and diner
- 9 pm evening walk or meditation

### What we offer

- \$1,880 package includes beside the activities
- Accommodation in shared rooms Hotel Belalp \*\*\* and Villa Kassel Riederalp (single room available on request)
- All meals
- Yoga and meditation
- Transportation during the retreat
- Rope and crampons to access the glacier

The retreat will be in German, French and English adapted to everyone.

### Start your journey and apply

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