

# Uncover

Create your own way!

Discover your strengths and design your next challenge in the breathtaking Aletsch Glacier region through hiking, yoga, art and guided activities by an experienced coach, an accomplished artist and an inspiring yoga teacher.

You're at the top of your game. Maybe it is time to liberate yourself of your endless hamster wheel and start to look for what is important to you and what makes you really happy and fulfilled.

Are there moments where you feel a strong craving for freedom or a longing for something more

without knowing what is missing in your successful life?

With UNCOVER, we will take you and other overachievers on a journey around the Aletsch glacier and we will use movement, nature and art to reveal your purpose and potential. We will give you the creative confidence to re-

flect upon your next career or life changes and create your own way.

Experienced coach and innovation expert Anja Wyden Guelpa, artist Séverin Guelpa and yoga teacher Olivia Tüscher will guide you on an amazing and transformative journey in the Aletsch glacier, mythical Unesco world heritage site.

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

With civicLab, Anja Wyden Guelpa helps companies, CEOs and teams to thrive by working with them on innovation, leadership and their corporate culture. Anja teaches innovation and design thinking in two universities, is an Executive coach, chairwoman or member of different boards of corporate companies and foundations.

### 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 leads Matza and invites artists, scientists and architects with him to work in endangered regions such as the Aletsch glacier.

### and Olivia Tüscher

Olivia Tüscher is a yoga teacher. Her teaching includes breathing techniques, mantras, guided meditation, an understanding of koshas (energy anatomy) and chakras. She will guide you with love, humility, humor and understanding to help you achieve harmony between body and mind. She will encourage you to work deeply but safely and to explore your full energy potential.

### When

The retreat starts on Thursday, July 1 at 2 pm and ends on Sunday, July 4 at 6 pm. The program includes visits, yoga (no previous practice required), group coaching, hiking, walk on the glacier and art.

### Where

Brig – Blatten – Belalp – Riederalp – Aletschgletscher – Fiesch – Brig

### What we offer

CHF 1,550 package includes:

- Accommodation in shared rooms in Hotel Belalp \*\*\* Villa Cassel Riederalp and Aletsch gletscherstube Märjelen (single room on request at Hotel Belalp and Villa Cassel).
- All meals
- Activities around art, nature, yoga and self-discovery
- Transportation during the retreat
- Rope and crampons to access the glacier

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

Couple and families are warmly welcome.

All Covid safety measures will be taken.

### Start your journey and apply now.

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**civic** Lab

