



# Uncover

Find 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.

In this period of uncertainty and retrenchment, we all crave freedom, nature and connection. With UNCOVER, we will take you and other extraordinary people 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 reflect upon your next career or life changes and to dare to do the first steps in that direction.

Aletsch glacier is a mythical Unesco world heritage site and the perfect scenery for a transformative retreat where you will learn a lot about yourself and reveal your next challenge for a creative,

meaningful and joyful life.

Experienced coach and innovation expert Anja Wyden Guelpa, artist Séverin Guelpa and yoga teacher Olivia Tüscher will guide you for the second edition of UNCOVER Aletsch on an amazing journey using mind, body and heart.

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 8 at 2 pm and ends on Sunday, July 11 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 1,400 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.

### Start your journey and apply.

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