

Jivamukti Yoga Summer Immersion

August 3 - 7 2026

Dear Yogi Friends

We are very happy to invite you to six days of diving deeper with Advanced Certified Jivamukti Yoga teacher

Rebeca Recatero

Rebeca is what we like to call an "old soul" in the best sense, sharing compassion and mindfulness through her teaching. Her classes are calm and grounding, yet powerful and transformative, creating space to explore and deepen you practice.

It's a true joy to welcome her to our studio and share this special week together.



The Programm:

Monday 3.8.

19:00 - 20:30
Open class

Tuesday, 4.8.

08:30 - 11:00
The Extended Jivamukti experience
18:00 - 20:00
The Beyond Open Class

Wednesday, 5.8.

08:30 - 11:00
The Extended Jivamukti experience
18:00 - 20:00
Workshop Hands On Assists

Thursday, 6.8.

08:30 - 11:00
The Extended Jivamukti experience
18:00 - 20:00
Beyond Open class

Friday, 6.8.

08:30 - 11:00
The Extended Jivamukti experience
18.00 - 20:00
Restorative & sound bath with Rebeca and Magdalena

Saturday, 7.8.

08:30 - 11:00
The Extended Jivamukti experience

Information and registration:

Nicole von Grünigen tel. 079 318 55 63 www.yogagstaad.ch nicolevg@bluewin.ch

Prices

Open CHF 30 / Beyond CHF 45 / Extended & Workshop & Soundbath CHF 55

Yoga Gstaad

Chalet Namaste, Mattegässli 3, 3780 Gstaad