

YOGA & HIKING RETREAT

MONT-BLANC VALLEY
SEPTEMBER 25-27, 2026



Alterra



A WEEKEND TO RECONNECT WITH
YOURSELF & NATURE

Welcome to the first Alterra Experience:

an alpine weekend retreat blending
daily yoga, mountain hiking, and deep
nature grounding.

Nestled in the majestic Chamonix
Valley, we gather as a small, intentional
community to disconnect from the
noise and nourish body, mind, and
soul.

Retreat Package: €360- €430 p.p.

Final price depends on room selection.
Includes hotel half-board, all yoga
sessions + professional mountain guiding.



ONLY 10 SPOTS AVAILABLE

SIGN-UP WITH A FRIEND & GET 5% OFF

Info + Q&A at: yoga@alterraimpact.com
Sign-up [here](#)



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The Experience

FR. 25.09. 5 PM TO SUN. 27.09. 3 PM.

- **Daily Yoga & Meditation:** Mindful Hatha and restorative Yin practices open to all levels. Teaching in  with support in  .
- **High-Mountain Hikes:** Two guided treks into the raw alpine landscape with a professional mountain guide.
- **Mindfulness & Connection:** Evening campfire vibes, group meditations, and space to pause or create.
- **Optional Extra:** Professional Energetic & Healing Massage



The Location

CHALET HÔTEL LES CAMPANULES

We are staying at this cozy, authentic and family-run mountain hotel with breathtaking, direct views of Mont-Blanc and its glaciers. Located just a few kilometers away from Chamonix-Mont-Blanc, it lies in the forest and close to many trails.

Food is included with a large breakfast buffet + 3-course dinner. Fresh picnic baskets available for the hikes (+ €11).

Retreat Package per person in shared double/twin (€360) or single room (€430).

Address: 450 Route de Coupeau, 74310 Les Houches - France

Travel:

- Easy to reach by car.
- Train & Bus: "Les Houches" or Chamonix-Mont-Blanc
- International flights from/to Geneva airport, app. 1h away + multiple partners providing transfer options.

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Your Host



CAROLINE AUMERAN

I am a certified and experienced Yoga teacher, long-time mountain hiker, and impact entrepreneur.

My career has been dedicated to advancing the energy transition through innovation. I also coach and teach future generations of entrepreneurs how to be mindful and resilient in their businesses, while also guiding individuals to cultivate awareness, clarity and connection through yoga since 2020.



ABOUT ALTERRA

With this retreat, I am proudly launching Alterra to connect these dots and drive true systemic change.

We build experiences and communities where deep awareness and genuine connection meet high-impact action and business design. We welcome individuals and entrepreneurs seeking to make a difference.

SEE YOU SOON!

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