yogaloupe

Anzère Festival 2027 · 2nd edition

FESTIVAL CLASSES

Pas de Maimbré

2363 m · 45-min classes

Time	Thursday 1 July	Friday 2 July	Saturday 3 July	Sunday 4 July
09:00 to 09:45	**Vinyasa** Alma	**Ashtanga** Ivan	**Hatha Yoga** Laurène	**Mix** Diana
10:00 to 10:45	**Hatha Yoga** Floriane	**Vinyasa** Noopur	**Rocket** Leila	**Vinyasa** Valérie
11:00 to 11:45	**Vinyasa** Geraldine	**Vinyasa** Louise	**Jivamukti** Yaiza	**Yin Yang** Megan
12:00 to 12:45		**Vinyasa** Aurélie	**Hatha Yoga** Sophie	**Vinyasa** Fanny & Ludmila
13:00 to 13:45	**Mix** Lidia	**Power Yoga** Viresh	**Vinyasa** Tifaine	**Yin Yang** Alice
14:00 to 14:45	**Hatha Yoga** Sabine	**Hatha Yoga** Caroline	**Kundalini** Ilona	**Yin Yang** Alexandra
15:00 to 15:45	**Vinyasa** Lior	**Vinyasa** Mégane	**Mix** Stéphanie P.	
16:00 to 16:45		**Hatha Yoga** Forrest	**Yin Yoga** Christelle	

Free classes · registration required at **yogaloupe.com**

yogaloupe

Anzère Festival 2027 · 2nd edition

FESTIVAL CLASSES

Le Tsalan *Terrace*

1951 m · 60-min classes

Time	Thursday 1 July	Friday 2 July	Saturday 3 July	Sunday 4 July
09:15 to 10:15	**Vinyasa** Louise	**Vinyasa** Yaiza	**Vinyasa** Adriana	**Vinyasa** Mélanie
10:30 to 11:30	**Hatha Yoga** Sophie	**Vinyasa** Lior	**Hatha Yoga** Alexandra	**Restorative** Carolina
11:45 to 12:45	**Mix** Gian	**Yin Yang** Sofia	**Power Yoga** Matteo	**Rocket** Noëmi
13:00 to 14:00		**Vinyasa** Lea	**Yin Yang** Alice	**Vinyasa** Albert
14:15 to 15:15	**Yin Yoga** Aurélie	**Hatha Yoga** Floriane	**Vinyasa** Fanny & Ludmila	**Vinyasa** Stéphanie P.
15:30 to 16:30		**Vinyasa** Lidia	**Jivamukti** Vanessa	**Hatha Yoga** Caroline
16:45 to 17:45		**Vinyasa** Christelle	**Vinyasa** Gian	**Vinyasa** Mégane
18:00 to 19:00		**Mix** Viresh, Ivan & Noopur	**Yin Yoga** Amina	

Free classes · registration required at **yogaloupe.com**

yogaloupe

Anzère Festival 2027 · 2nd edition

FESTIVAL CLASSES

Le Tsalan *Indoor*

1952 m · 60-min classes

Time	Thursday 1 July	Friday 2 July	Saturday 3 July	Sunday 4 July
09:15 to 10:15	**Vinyasa** Mégane	**Yin Yang** Alma	**Vinyasa** Valérie	**Hatha Yoga** Viresh
10:30 to 11:30	**Ashtanga** Amina	**Hatha Yoga** Julie	**Mix** Noopur	**Vinyasa** Géraldine
11:45 to 12:45		**Vinyasa** Alexandra	**Hatha Yoga** Caroline	**Hatha Yoga** Stéphanie F.
13:00 to 14:00		**Meditation** Fanny & Ludmila	**Vinyasa** Albert	**Yin Yoga** Alma
14:15 to 15:15	**Fascia** Selma	**Vinyasa** Gian	**Yoga Nidra** Nadine	
15:30 to 16:30		**Vinyasa** Stéphanie P.	**Yin Yoga** Megan	
16:45 to 17:45		**Yin Yang** Alice	**Hatha Yoga** Floriane	
18:00 to 19:00			**Meditation** Lidia	

Free classes · registration required at **yogaloupe.com**

yogaloupe

Anzère Festival 2027 · 2nd edition

FESTIVAL CLASSES

Les Rousses *Terrace*

1500 m · 60-min classes

Time	Thursday 1 July	Friday 2 July	Saturday 3 July	Sunday 4 July
07:30 to 08:30			**Hatha Yoga** Lucien	
09:00 to 10:00	**Hatha Yoga** Julie	**Vinyasa** Tifaine	**Vinyasa** Clelia	**Hatha Yoga** Floriane
10:30 to 11:30	**Vinyasa** Lea	**Ashtanga** Amina	**Hatha Yoga** Forrest	**Jivamukti** Vanessa
12:00 to 13:00		**Fascia Yoga** Sophie	**Vinyasa** Mégane	**Hatha Yoga** Lucien
13:30 to 14:30	**Mix** Megan	**Vinyasa** Charlène	**Vinyasa** Alma	**Yin Yoga** Ivan
15:00 to 16:00		**Yoga Nidra** Nadine	**Vinyasa** Mélanie	**Hatha Yoga** Noopur
16:30 to 17:30		**Vinyasa** Albert	**Hatha Yoga** Carolina	**Vinyasa** Matteo
18:00 to 19:00			**Yin Yoga** Laurène	

Free classes · registration required at **yogaloupe.com**

yogaloupe

Anzère Festival 2027 · 2nd edition

FESTIVAL WORKSHOPS

La Boucielle *In the forest*

In the heart of the forest · 2-hour workshops

Time	Friday 2 July	Saturday 3 July	Sunday 4 July
08:30 to 10:30	**Arm Balance Workshop: Build Strength, Confidence and Flight** Crow, flying pigeon and transitions: build the strength and confidence to take off, playfully. Megan · All levels · English	**YIN & FASCIA** **Au cœur de l'intelligence du corps** Discover the fascia, then sink into a sensory Yin practice: think less, feel more. Charlène · All levels · French	**Souffle de Vie (Prāṇāyāma & Kriyā)** From Nadi Shodhana to Kapalabhati, explore how the breath fuels your energy and presence. Ilona · Easy · French
11:00 to 13:00	**Yoga Strength Lab** Targeted drills to build strength and control in arm balances, inversions and transitions. Leila · All levels · French	**Atelier Inversion** Headstand, pincha, handstand: tame the fear and play with balance, at your own pace. Sofia · All levels · French	**Les fondations de l'Ashtanga** Ujjayi, drishti, bandhas: return to the essentials for a more mindful, steadier practice. Amina · All levels · French
13:30 to 15:30	**SO'HAM: Haṁsa Krama** A refined sequence blending Ashtanga's dynamism with long holds, deeply purifying. Adriana · Intermediate · English	**Roots of Yoga – Beyond the Āsana** Postures, prāṇāyāma, mantras and yoga nidra: a journey to the Indian roots of yoga. Viresh & Ivan · All levels · French / English	**Yoga et Ayurveda** A journey into the ancient wisdom of Ayurveda, where movement, emotion and self-knowledge meet. Lidia · All levels · French
16:00 to 18:00	**Backbends** Understand and befriend backbends, with blocks and strap, for a lovely sense of opening. Clelia · Intermediate · French / English	**Grand écart latéral - Hanumanasana** Progressive mobility work to explore the side split at your own pace, never forcing. Louise · Intermediate · French	**Voyage au cœur du fascia** Self-massage, then a dynamic and gentle practice to revitalise the fascia and sharpen body awareness. Sophie · All levels · French

Booking at **yogaloupe.com**