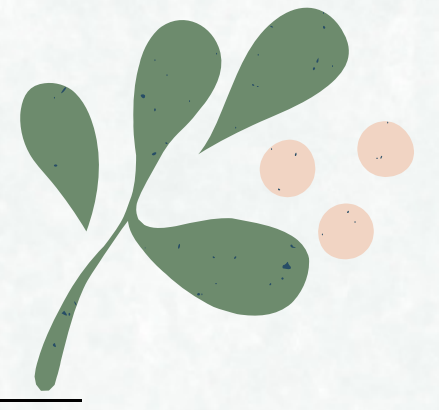


STAY

# RETURN TO ONESELF



THROUGH SYMBOLIC MEDICINE

**IN THE HEART OF THE VALAIS MOUNTAINS, IN SWITZERLAND  
FROM OCTOBER 11TH TO 15TH 2023**

*"Life's difficulties have taught me that everything I was  
looking for outside myself is already within me."*

*My dream is to make the world a better place.*

WHAT ABOUT YOU ?

Do you also want to live your life more lightly?

Make yourself a priority?

Regain your zest for life and vitality ?

Reconnect to yourself ?

Reaching out to others?

Or simply do yourself good and take care of your body?

To get through the current collective chaos, I invite you to find and rediscover yourself in the calm of a magical place and a neutral space.

I will be accompanied by wonderful people for a programme created to measure, for you, at your rhythm.

Let yourself be surprised!

These few days stopped out of time will give space to your soul to speak, to direct you towards the best version of yourself and towards your true desires.

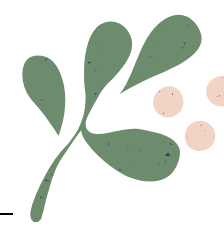
Let yourself be carried along by the flow of your life.





STAY

# RETURN TO ONESELF



THROUGH SYMBOLIC MEDICINE

DURING THIS STAY, YOU WILL BE OFFERED :

Treatments in symbolic medicine, medicine of the soul.

*Every day, hikes in the mountains. Sacred and exceptional places. I will accompany you to the playgrounds of my childhood, where I grew up.*

Use of bent chopsticks and symbolic medicine to discover the 5 elements in nature.

The aim is to get in touch with places known to be "strong" in physical and spiritual healing (calibrations, feelings, concrete effects).

*Qi Gong.*

*Yoga.*

*Intuitive-energetic-sports-relaxing massages.*

BUT ALSO:

Workshops on plants - collecting them and making good use of them.

*Grandma's cooking workshops, ancestral recipes from our mountains.*

Meals with local products, created by a local cook, on site in the chalet and in a mountain restaurant near the chalet.

*The location chosen for the stay will make you feel pampered in a warm cocoon and an exclusive site.*

An exceptional chalet.

*You will also be able to enjoy the swimming pool, jacuzzi, sauna, hammam, fitness room, billiards, and cinema room.*



STAY  
**RETURN TO ONESELF**

THROUGH SYMBOLIC MEDICINE

WILL BE HAPPY TO WELCOME YOU,  
IN FRENCH OR ENGLISH:



**MURIELLE REICHENBACH-  
BOURBAN**  
Symbolic medicine therapist  
Well-being and sport coach



**KRISTINE SKAMANGA**  
Symbolic medicine therapist  
Yoga teacher



**FABIEN FLÜCKIGER**  
Massager  
Therapist

**TREAT YOURSELF TO THIS GIFT!**

SURPRISES TO DISCOVER THROUGHOUT THE STAY.  
PRICES, PROGRAMME AND VIRTUAL VISIT OF THE CHALET AVAILABLES ON REQUEST.

CONTACT:  
**MURIELLE.REICH@GMAIL.COM**  
**TÉL. +41 78 707 51 57**

