

Course Instructors

Harriet

I am originally from Holland and have been living in Davos with my partner since 2003. I first discovered my love for yoga here. Teaching was never my goal, but I have been doing it for 10 years now with great pleasure. After my 4-year basic training, I continued my education. With different trainers and teachers, but also with my participants, I had the chance to explore and develop myself. The learning process is never over, that's why the yoga path is so exciting and I just keep going.

For me, yoga is not only about the postures (asanas), which I love very much. For me it means much more to go through life with a certain way. Important to me are patience, kindness, gratitude and acceptance towards myself and others. Developing mindfulness and spirit is a big challenge, but one that is worth tackling. Yoga and meditation support you to tackle these challenges. The effects have changed my life in a very positive way.

I teach classical Hatha Yoga, where breathing and mindfulness are very important to me, as well as Yin Yoga, slower and more meditative, which is a good complement to all other yoga styles. Additionally, I am a trained MBSR (Mindfulness Based Stress Reduction) teacher and offer courses and mindfulness weekends.

Furthermore, together with my husband, I organise yoga & walking tours on the Greek island of Lefkas. You can find more information about me [here](#).



Sabine



As a nature-loving movement person, the asana practice was for me at the beginning mainly a welcome stretching lesson to my other physical activities. However, I soon became aware that the physical work with the body is only one part of a holistic philosophical teaching. By chance, I ended up in an Ashtanga Yoga class shortly after my first Hatha Yoga experience. Slightly overwhelmed but enthusiastic about this sophisticated system, the flow of movement, the physical challenge and the positive effects on a spiritual level, I began to practise Ashtanga Yoga regularly from then on. Since then, many teachers as well as students have supported and inspired me on my path.

I completed the 500-hour Advanced Teacher Training (Yoga Alliance) in August 2014. The basis of my classes is the challenging Ashtanga system, which I incorporate into my Vinyasa Flow, Ashtanga Inspired Flows, Ashtanga Mysore and Ashtanga Led classes.

Debora

I have lived in Davos for almost 14 years, am in my late 30s and a mother of twins. I have been a Pilates and yoga teacher and holistic nutrition coach for 2 years.

I have been practising yoga and Pilates for several years. Both are a great passion of mine. As I have been asked several times, if I also give or teach meditation, I have started to incorporate this into my teaching. I love very much to combine meditation and movement, to free the body from negative thoughts and at the same time to stretch intuitively but also consciously, so that blockades, that we hold in our body can be released.

Another great passion of mine besides wellness is writing. I have already written my own book and am diligently working on new articles for my website. <https://deboraswellness.ch/>



Claudia



My professional path led me 30 years ago from the beautiful island of Sylt to Davos, where it is so beautiful...

As a passionate water sportswoman and real water lover, I thought that a trip to the mountains of Grisons for a winter season would be great. That one winter season turned into many wonderful years. In the meantime, I love winter sports just as much as I love the countless opportunities Davos offers me.

Since May 2005 I have been working as a medical masseuse and wellness manager at the Waldhotel Davos (with a short interruption). I am passionately committed to the hotel and external guests; I like to give advice and try to meet each and every one of them in their individual life situation and to take care of their individual well-being.

Through my training as a Shiatsu therapist, I have been familiar with the Do-in exercises (Japanese stretching) for some time. They are easy to practise and efficient in their effect.

Our beautiful swimming pool invites you to do water gymnastics in the morning. All joints and muscle groups are gently moved. Afterwards, everyone feels fresh and invigorated. This is a good way to start the day and you are ready for the following activities such as skiing, cross-country skiing or a beautiful (winter) hike.

Corinne

Nature is my best friend and advisor. It is always there for me, always touches me anew and gives me moments of bliss... Since my childhood I have felt this close bond and one of my masters confirmed this feeling with the sentence: "When you are stuck, go into nature".

From Valais, I moved to Klosters, where I have lived for over 30 years, am involved in tourism, travel with my camera and pen as a journalist, accompany Alpine Sabbatical guests as an ambassador and work holistically with coaching and Feng Shui. In my free time I can be found in nature doing sports and relaxing. The rich cultural offer of our destination inspires me as much as the living traditions and the liberating "juuzen".



I completed my training at home and abroad in the areas of sports and mental training, in various massage techniques, kinesiology, Brain Gym, Bach flower therapy, NLP, alternative medicine, Feng Shui, coaching and related areas. Since 1999 I have specialised in Feng-Shui and later in coaching in nature.

In 2003 I launched the Energy Tracing Path on the Madrisa near Klosters and offer guided tours on request. The aim of the path is to re-establish a relationship with Mother Earth and to discover powerful places for oneself. www.gutklucker.ch | www.alpinesabbatical.ch