



NIA WEEKEND

... just for you!

September 19 - 21, 2025

You are very welcome

Treat yourself with a few wonderful days, just for you. Now is the right time. Move and let yourself be moved with Nia, pure joy of movement!

Our movement and well-being program we carefully put together will get you going and let your uniqueness shine. Together we dance with the elements fire, water, earth and air, all of this in a large and light-flooded dance room.

Inspiration and seduction at the lake: seminar hotel Rigi awaits you at the southern foot of the Mount Rigi, the queen of the Swiss mountains, with a fantastic view of Lake Lucerne. Here you can immediately relax, feel at ease and start enjoying. It's a great place to dance and be!

You allow yourself to immerse in your personal me time and freedom and into a cozy get-together. And you have the opportunity to experience the quietness as well as the glitter of the lake, the gentle and Weggis with its Mediterranean flair.

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Sincerely, Eveline und Anne-Marie



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The programm ... just for you!

Friday, September 19th, 2025

ab 15.00	arrival and exhale
16.00 - 17.00	welcome fresh juice, cake and fruits
17.00 - 18.30	stepping in with Nia
19.00	dinner together
afterwords	chill out

Saturday, September 20th, 2025

07.30 - 09.30	breakfast
09.30 - 11.00	Nia Moving Meditation
11.00 - 16.00	time for yourself / hiking / swimming
16:00 - 17.00	fresh juice and cake
17:00 - 18.30	Nia Saturday Night Fever
19.00	dinner together
afterwords	chill out

Sunday, September 21st, 2025

07.30 - 09.30	breaktfast
until 10.00	Check out
10.00 - 11.30	Nia Morning Flow
12.00	lunch together
afterwords	Stepping out

Nia wellbeing package

CHF 275 registration until 31.01.25

CHF 295 registration until 19.05.25

CHF 325 registration until 18.09.25

->> Secure your happy NIA-place until May 31st, 2025

Registration is also possible later, subject to availability.

The binding registration takes place with the transfer of the fee to us.

Your amount is payable

- by TWINT to Anne-Marie Goes Gschwend 079 763 11 26 or by bank transfer
- bank details on request

Selection of rooms per person and per night (flat rate)

IMPORTANT: ->> Rooms and meals must be booked directly with the Hotel Rigi. Please contact the Hotel Rigi via e-mail at info@hotelrigi.ch or by telephone on 041 392 03 92.

CHF 159 single room, standard
(Rigihaus, village side)

CHF 176 single room, standard A
(Rigihaus lake side / Seehaus sideways / Botenhaus village side)

CHF 146 double room, standard A
(Rigihaus lake side / Seehaus sideways / Botenhaus village side)

CHF 155 double room, standard B
(Botenhaus lake side)

The package includes: Breakfast buffet and vegetarian 3-course dinner, sweet and savory pastries on Saturday afternoon and soup/salad on Sunday lunchtime, including mineral water. Apples and tea in the seminar room.

Free entry to the Weggis indoor swimming pool/Lido, WLAN and Weggis tourist region guest card.

When making your room reservation, please let the Hotel Rigi know if you would like a special diet in addition to the vegetarian meal: vegan, gluten-free or lactose-free, or if you have any other intolerances.

Room occupancy on the day of arrival is guaranteed from 3 pm. If you would like to arrive earlier, you can leave your luggage in the luggage room. Check-out on the day of departure is until 10.00 am.

Reservation

This is binding for the Nia wellness package and secures your place with the payment. If too few registrations have been received by 31.05.2025, we have the right to cancel the NIA weekend.

Cancellation costs Nia wellness package

(if the Nia weekend is held)

If the participant cancels after May 19, 2025, the following fees will apply:

- From 19.05.2025 to 17.06.2025, 50% of the booked services will be charged.
- From 18.06.2025, 100 % of the booked services will be charged.

Cancellation of room booking

The reservation at the Hotel Rigi, Weggis is binding and the conditions of the hotel apply. The room reservation can be canceled up to 2 days before arrival.

A replacement person can of course be provided. If the weekend is left early, there is no right to a refund.

Cancellation of the weekend by the course leaders

If the course is jeopardized or rendered impossible due to illness or accident of the course leader, force majeure, weather and natural conditions, official measures, strike or safety risks, the course leader may cancel the course or terminate it prematurely. The price paid for the Nia Wellbeing Package will be refunded less any expenses already incurred by the course management.

Participation / Insurance

No refund in case of no-show.

All insurances (accident, liability, travel) are the responsibility of the participants. We recommend cancellation insurance.

Who is this Nia Weekend suitable for?

For everyone who enjoys movement and wonderful music, who is curious and feels well. Age, fitness level, etc. do not matter. Movements can be customized. Find your own form and freedom in your personal dance.

Arrival - How to get there

The easiest and most beautiful way to get to Weggis is by boat from Lucerne! The vacation feeling begins already there.

Boat: the landing stage is opposite the Lucerne railroad station.

Train: to Küssnacht am Rigi, change to the post bus to Weggis.

Car: The hotel does not have its own parking spaces. There are approx. 30 paid parking spaces next to the hotel (Unterdorf). More at the indoor swimming pool/Lido.

To take along

Your curiosity - and joy of movement! Nia is danced barefoot, or otherwise stopper socks are quite practical. For dressing, feel-good clothes such as leggings, comfortable pants, T-shirt or top are suitable, plus a sweater or jacket for the quiet moments on the floor. Mats, pillows and blankets are available on site if needed.

Time in between

Create your own oasis of well-being. Together or for you personally.

Saturday afternoon is free for you to explore the surrounding area, stroll through Weggis, swim in the lake, read, etc. A hike/walk together is also an option.

Anne-Marie Goes Gschwend

Practicing Nia is a life elixir for me and a real enrichment for my personality and attitude towards life.

I love to pass on the technique, the joy of movement and the wonderful energy of Nia in my classes, at teamteachings and special events like this weekend.

I am a certified Nia Blackbelt and Moving to Heal Teacher and have completed various additional trainings.



Eveline Cornacchia

Since many years, dancing Nia is my passion. In 2018, I started to teach Nia and I love to spread the joy of movement.

I organize special events like "Nia & Meditation" or a "Notte Italiana" and participate in team-teaching-events. Nia gives me energy, inner balance and a good body feeling.

I am a certified Nia Blackbelt Teacher with trainings in 5 stages, Freedance, Moving to heal and 52 moves.

We are looking forward to you!



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REGISTRATION

- ☐ I hereby bindingly register for the Nia wellness package and accept the mentioned cancellation conditions.
- ☐ I will make the room reservation myself directly at the Stelserhof.

Name / first name

date of birth

Address

Tel. mobile

E-Mail

Remarks or any restrictions/illnesses

Date / signature

IMPORTANT: Please give this registration form to Anne-Marie Goes Gschwend or Eveline Cornacchia, personally, by e-mail or WhatsApp. Thank you very much.