



Press Release

### **Strike a mountain pose on the mountains this winter**

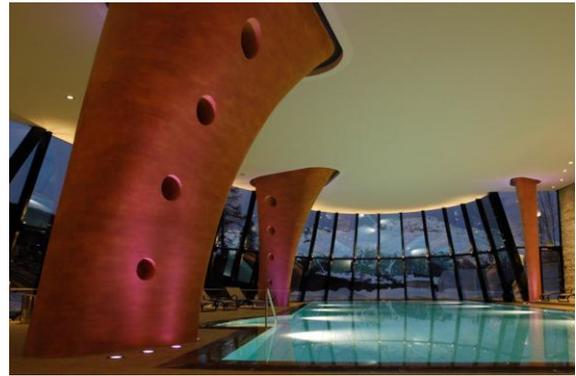
*Switzerland, October 2013:* This winter season, Grand Hotel Kronenhof, Pontresina ([www.kronenhof.com](http://www.kronenhof.com)) is inviting yoga enthusiasts to strike a mountain pose on the mountain slopes. The hotel has teamed up with qualified ski instructor and yoga teacher Sabrina Nussbaum to introduce guests to the benefits of doing yoga on their skis at the top of the slopes, in crisp Alpine air.



*Sabrina Nussbaum practising yoga on the pistes*

Nussbaum, who has been practising yoga since 1987 and has both Hatha and Vinyasa yoga qualifications, originally fused yoga with hiking, creating a yoga-hiking trail in the summer of 2012. This year, for the first time in association with Grand Hotel Kronenhof, she is offering a ski-yoga fusion, which allows yoga enthusiasts to keep up their yoga practice while on their skiing holiday.

The Ski Yoga package at Grand Hotel Kronenhof is available from Thursday through Sunday on the following dates during the 2013/14 season: 19 to 22 December 2013, 6 to 9 February 2014 and 27 to 30 March 2014. The package, which includes half-board accommodation, a ski pass, a one-to-one consultation with a yoga teacher to assess each guest's level of yoga, a three-hour morning Ski-Yoga session with Nussbaum, two afternoon indoor yoga sessions in the Kronenhof Spa, a Hydrojet massage bath and a Kronenhof Energy Massage, costs from CHF 1,300 (approx £885) per person sharing a double room.



For more details and to book, please visit the Grand Hotel Kronenhof website [www.kronenhof.com](http://www.kronenhof.com).

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## NOTES FOR EDITORS

**Grand Hotel Kronenhof**, located in Pontresina, six miles from St. Moritz, offers the best of both worlds: the chance to enjoy the glitz of St. Moritz, while staying in a peaceful mountain village.

Grand Hotel Kronenhof has a rich and interesting history, having first opened its doors in the first half of the 19th century as a guesthouse. However, the main part of the current building, which is a registered historical landmark, was built at the very end of the 19th century in Neo-Baroque style. The latest addition, completed in November 2007 and costing CHF 35 million (approximately £24 million), consists of 28 new guest rooms and a stunning spa complex covering more than 2000 square metres.

The spa is certainly one of the hotel's highlights and has been named "the best Alpine spa" (according to Tyler Brule writing in the FT, November 2009). Facilities include a 20m indoor infinity pool with counter-current system, a flotation pool with underwater music, a wide range of saunas and steam rooms, a luxurious private suite for couples to enjoy wraps and massages together, and – for the perfect final touch – a crackling log fire in the relaxation room.

Gourmet cuisine is also a speciality at the Grand Hotel Kronenhof. Awarded the title of GaultMillau Hotel of the Year in 2009, it has five restaurants (the formal Grand Restaurant in an elegant Neo-Baroque vaulted room, Gourmet Restaurant Kronenstübli serving international cuisine with a local flair, the traditional bowling lanes where Swiss raclette is served, the informal Le Pavillon for light lunches and the kids' restaurant Rondelle).

Finally, Grand Hotel Kronenhof is renowned for its extensive children's activities and facilities (a kids' playroom and Rondelle, a restaurant just for younger members of the family).

Recent awards for the Grand Hotel Kronenhof include Best Hotel in Switzerland 2013 according to [TripAdvisor](http://TripAdvisor.com)®, a [TripAdvisor](http://TripAdvisor.com)® Certificate of Excellence for the third year running in 2013, the HolidayCheck Award 2010-2013 (most popular hotel in Switzerland, four years in a row) and a place in a list of the top ten best holiday hotels in Switzerland compiled by renowned Swiss newspaper *SonntagsZeitung* and in a list of the top ten most welcoming luxury hotels in the country put together by Switzerland Tourism.

Previous awards include first place in the Best Of Swiss Gastro (gourmet category), GaultMillau Hotel of the Year 2008, the 'Bilanz' hoteliers of the year.

Both the Kulm Hotel St. Moritz and its sister property Grand Hotel Kronenhof are owned by the Niarchos family.

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