

RETREAT · WELLNESS · PRESENCE

Ma Riposa

« Pause. Breathe. Spread your wings. »

VOICE · BODY · SONG



*Three days to slow the breath, free the voice,
and rediscover the gentleness of being yourself —
in a haven of peace in the heart of the Alps.*

Breathe

Unwind

Express yourself

Recharge

Shine

9 · 10 · 11 October

Le Grand-Bornand · Chalet Zen Space

WITH

Ela Zingerevich
Anne Cerisola-Pomatto

HAUTE-SAVOIE · ALPS · FRANCE

YOUR TEACHERS

Two Women, One Vision

VOICE · BODY · WELLNESS · PRESENCE

Two paths devoted to the voice, the body and wellbeing —
brought together to offer you a unique experience
in the heart of the Alps.

Ela Zingerevich

VOCAL ARTIST · ACUPRESSURE THERAPIST (ORTA TC)



VOICE & COMMUNITY

ZINGER METHOD

ACUPRESSURE

CARNEGIE HALL

*Musician, voice researcher and therapist, Ela Zingerevich created the **Zinger Method**, an original approach that places the voice at the heart of the connection between body, emotion and self.*

*A graduate with a **Master's in Music and Vocal Studies** from the City University of New York, an accredited practitioner of the **Lichtenberg Method** and an international partner of Carnegie Hall, she has spent more than fifteen years developing projects at the crossroads of art, health and human development.*

Part of the Health Pathway at the EHNV Integrative Medicine Centre, the Zinger Method offers a space to explore how voice, breath and movement become resources for finding balance, creativity and vitality. This mountain retreat is an invitation to experience that encounter in simplicity and depth.

Anne Cerisola-Pomatto

SPEECH & LANGUAGE THERAPIST



VOICE & BODY

VOICE REHABILITATION

POSTUROLOGY

***Speech and language therapist**, specialising in the relationship between voice, body and breath, Anne supports her patients and groups through a holistic, embodied approach to voice.*

Trained in vocal rehabilitation, posturology and somatic practices, she leads workshops and retreats exploring the voice as a tool for presence, expression and wellbeing.

Her warm, attentive teaching invites everyone to inhabit their voice — not as a performance, but as a path back to themselves.

« Together, they invite you to explore your voice — with gentleness, curiosity, and
the mountains as your horizon. »

Three Days for Yourself

VOICE · BODY · PRESENCE · SHARING

● Practice & workshop ● Meals & snacks ● Individual treatment ● Evening & music

Friday OCTOBER 9	Saturday OCTOBER 10	Sunday OCTOBER 11
 11:00 – 13:00 Arrival & opening circle Welcome, introductions, setting the intention	 9:00 Breakfast A gentle start, free time	 9:00 – 10:30 Individual treatments Final personalised sessions
 13:00 – 14:00 Shared lunch A convivial meal	 10:00 – 13:00 Zinger Method Workshop Deepening voice & somatic work	 10:30 Brunch A gentle meal before closing
 14:30 – 16:30 Zinger Method Workshop Vocal, physical & breath awakening	 13:00 Lunch A convivial meal	 12:00 – 14:00 Closing in movement & sound Closing circle, integration and taking flight
 16:30 – 17:00 Break & snack Free time, integration	 14:30 – 17:00 Individual treatments Personalised sessions, rest & integration	
 17:00 – 19:00 Individual treatments Personalised voice & acupressure sessions	 17:00 – 17:30 Snack A gentle break before the evening	
 19:15 Dinner A warm meal together	 17:30 – 19:00 Making music together Group singing & guided improvisation	
 20:30 Evening sounds Sound circle to close the day	 19:15 Dinner A festive meal	
	 20:30 Improvised concert A sound celebration — voice & presence	

The program is designed to alternate practice, care and free time —
every moment is part of the retreat, including the silence.

THE PLACE

Chalet Zen Space

LE GRAND-BORNAND · HAUTE-SAVOIE

*The ideal retreat setting to recharge,
tucked into the Aravis alpine pastures.*



An exceptional setting

Panoramic views of the Aravis and the Alps — nature as the backdrop for your retreat.

Far from the rush of daily life, Chalet Zen Space is far more than a place to stay.

It's a living space, designed to hold your transformation — in the warmth of wood, the softness of a crackling fire, and the silent beauty of the mountains.

Treat yourself to a weekend outside of time

Limited spots for an intimate, present experience.

« A weekend to return to what matters — and find your way back to yourself. »

THE NIGHT SPACE

Your Rooms

MINIMALISM · COMFORT · SERENITY

10

INDIVIDUAL ROOMS

2

TWIN ROOMS

*Spaces designed for the essentials — settle in, rest,
let the body recover and the mind let go.*



*The **2 twin rooms** each have their own **private bathroom**, while the **10 individual rooms** share **4 bathrooms**.*

***In practice:** plenty of room to cross paths with a smile!*

THE LIVING SPACE

Where We Gather

SHARING · GENTLENESS · PRESENCE

*Here, we take our time. Time to breathe,
to reconnect, to share — over a meal,
in the quiet of a morning or the warmth of an evening.*



Practice studio

Bright space beneath timber beams,
equipped for singing, movement
and meditation.

Lounge & library

Sofas, books, music and soft light —
a cocoon for downtime and
connection.

Kitchen & dining

Large equipped kitchen, convivial
table — shared meals are part of the
care.

« *The moments between sessions matter as much as the sessions themselves — that's where the real transformation happens.* »

THE CUISINE

Meet Our Chef

FLAVOUR · VITALITY · NATUROPATHY



Audrey Nicolas

NOMADIC CHEF · NATUROPATH

Plant-based cooking

Spices & travel

Local produce

 koolandtbegraine.com

After a career in digital marketing for the textile industry, Audrey chose in 2018 to bring more meaning to her everyday life and became a naturopath.

*For years she had carried the wish to open her own restaurant — for her love of cooking, but also of **sharing knowledge**. A project that quickly found new meaning in this new path, letting her introduce people to the benefits and flavours of **plant-based cooking** through workshops, wellness retreats and one-to-one guidance.*

*Her greatest joy: sharing the story behind a dish, the benefits of its ingredients, and delighting every sense with ever-changing textures and colours — not forgetting the **spices** that have filled her cooking since spending time in **India**.*

*Self-taught, her cooking draws inspiration from here and elsewhere, always with **local, sustainably farmed produce**. Pleasure and balance are at the heart of her plates — the two pillars of a full, healthy life.*

A taste of what's on the menu



Plant-based

Anti-inflammatory

Local produce

Homemade

A journey of flavour

« Nourishing the body is also nourishing the voice — every plate is created as a form of care. »

RATES & BOOKING

Your Stay

WELLNESS · VOICE · BODY

3 DAYS · 2 NIGHTS · FULL BOARD

Wellness Retreat

CHALET ZEN SPACE · LE GRAND-BORNAND

Twin room

PRIVATE BATHROOM

Single room

SHARED BATHROOM

CHF **990.-** | per person

◆ *What's included* ◆

- 2 nights' accommodation
- All meals
- Linens & towels
- Beverages
- All activities
- Sauna access
- Tourist tax
- 2 individual treatments

NOT INCLUDED

Travel to and from the venue. Carpooling can be arranged — a WhatsApp group will be created one month before departure to help participants coordinate.

◆ *Terms & Payment* ◆

 **CHF 350.-** deposit is due at booking — refundable up to 6 weeks before the retreat begins.

 **July 17** The balance is due 1 month before the retreat.

 Payment plans available on request — feel free to contact us to discuss.

MA RIPOSA · OCTOBER 2026

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An Unforgettable Moment and Experience 🦋

*We can't wait to welcome you, and to share these three days with you —
voice, body, heart & mountains.*



Ela Zingerevich & Anne Cerisola-Pomatto

CONTACT & BOOKING

I'm reserving my spot

Ela Zingerevich

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See you soon 🦋 *Ela & Anne*