



YOGA & MINDFULNESS

A special moment to allow you to be with yourself, by yourself, as you are. Listen to your inner voice, create space in your mind, your body, your heart. Let go and recharge with love and positive energy. Feel the beauty of nature on top of Collina d'Oro, a place of exceptional beauty, a haven of peace set in breath-taking, natural surroundings. Our retreat is an invitation to feel more open and connected to yourself, to people and to the world. Retreat to connect and feel the power of your inner joy and wisdom, balance your mind, body and soul.



THE RETREAT

The Retreat offers an all-inclusive 2-day relaxing stress relief program with sessions of yoga, cleansing and balancing of Chakras and mindfulness, including five different kinds of mindfulness practices. The program is set on the exclusive premises of the Resort Collina d'Oro and includes the overnight stay, meals and snacks and free access to the SPA with special conditions for individually booked treatments. The Yoga practice is a soft and restorative yoga, open to beginners. The seven Chakras are wheels of energy in the body, regulating the life force of energy. Yoga sessions and mornings are dedicated to cleanse and balance Chakras to rejuvenate body and mind. Weather permitting the sessions will take place outside in the park to deepen the connection to nature.



AURÉLIE GAERING

Aurélié «Lily» Gaering is a citizen of the world; she is originally from Aix-en-Provence, France, mixed with origins from Madagascar. Lily has lived in France, Amsterdam and Boston, before moving to Lugano. As a Yoga Alliance certified teacher (www.southbostonyoga.com) she is also trained and certified to conduct introductory mindfulness programs and MBSR-mindfulness based stress reduction (www.umassmed.edu/cfm).

In Lugano she teaches at Yogaroom (www.yogaroom.com). Lily believes in the beauty of human beings and the wisdom that lies within us. Her profound connection with her inner power and resources while practicing yoga and meditation enables her to empower people to know themselves better and to access their own inner sacred space through a body-mind-soul experience.

RESORT COLLINA D'ORO

Perched on top of a hill, kissed by sunshine during over 2500 hours per year lies the Resort Collina d'Oro, a luxury hideaway set in 25 hectares of natural parklands overlooking the hills, forests and the lake, seemingly untouched by time. The unique setting and fine service make it the ideal place for a retreat to rejuvenate, enjoy nature and the exquisite five-star services, ranging from finely appointed, generous rooms and suites, exclusive spa premises and pampering treatments to the culinary delights of finely crafted specialties of Mediterranean cuisine.



COLLINA D'ORO YOGA & MINDFULNESS RETREAT – 25 & 26 MAY 2019

Program Information

Saturday	09:30	Welcoming reception with coffee & tea
	10:00	Welcome group session
	10:30	Restorative Yoga Session - Cleanse & Balance low Chakras (90 min.)
	12:00	Buffet lunch at the Restaurant <i>Free time to enjoy the park, SPA, treatments (upon reservation), indoor & outdoor pool</i>
	18:00	Seated and Sensorial meditation in the garden (90 min.)
	19:30	Buffet dinner at the Restaurant
	Sunday	from 07:00
10:00		Restorative Yoga Session – Cleanse & Balance high Chakras (90 min.)
11:30		Body Scan meditation practice (30 min.)
12:00		Buffet lunch at the Restaurant <i>Free time to enjoy the park, SPA, treatments (upon reservation), indoor & outdoor pool</i>
14:00		Walking meditation in the park - weather permitting (45 min.)
15:00		Closing group session
16:00		Good-bye drinks
Terms & Conditions	Participants	The Yoga Retreat will take place with a minimum of 5 and maximum of 14 participants.
	Language	The Yoga and meditation sessions will be held in English.
	Material	Yoga mats, pillows, blankets etc. will be provided. Participants are welcome to bring their own mats if preferred.
	Food	Food is served buffet style. Any special requirements (allergies, intolerances) need to be notified to the hotel 7 days prior to arrival.
	SPA	Access to the Resort Collina d'Oro SPA is included during opening hours. Participants of the retreat benefit from a 20% discount on selected treatments.

PACKAGE PRICES

		Superior Room	Junior Suite	Superior Suite	Deluxe Suite	Prices in CHF per room
25. – 26. May 2019	1 Night in the chosen room category	505.-	555.-	625.-	725.-	single occupancy
	Welcome Coffee	870.-	920.-	990.-	1'090.-	double occupancy
	2 Buffet Lunches, 1 Buffet Dinner					
	1 Buffet Breakfast, Good-bye drinks					
	Access to the SPA & Fitness Centre					
	Yoga & Mindfulness classes					
Pre- or Post-Retreat	additional night	180.-	230.-	300.-	400.-	single occupancy
		230.-	280.-	350.-	450.-	double occupancy

