



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 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

Aurélie «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 – 14 & 15 SEPTEMBER 2019

Program Information

| | | |
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| Saturday | 09:30 | Welcoming group session with coffee & tea |
| | 10:00 | Restorative Yoga - Cleanse and Balance low Chakras (90 min.) |
| | 11:30 | Introduction to Mindfulness (30 min.) |
| | 12:00 | Healthy lunch at the Restaurant |
| | | Free time to enjoy the park, SPA, treatments (upon reservation) |
| | 16:00 | Optional private sharing with the teacher if desired |
| | 17:00 | Sensorial meditation in the garden & Close group sharing (60 min.) |
| | 18:00 | Sitting meditation, Awareness of breath (AOB) & Close group sharing (60 min.) |
| | 19:30 | Healthy dinner at the Restaurant |

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|---------------|------------|---|
| Sunday | from 07:00 | Breakfast at the Restaurant |
| | 09:30 | Restorative Yoga - Cleanse and Balance high Chakras (90 min.) |
| | 11:00 | Walking meditation practice & Close group sharing (60 min.) |
| | 12:00 | Healthy lunch at the Restaurant |
| | 14:00 | Loving & Kindness meditation (30 min.) |
| | 14:30 | Closing group session & Good-bye drinks |
| | 15:30 | Optional private sharing with the teacher if desired |
| | | Free time to enjoy the park, SPA, treatments (upon reservation) |

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| Terms & Conditions | Participants | The Yoga Retreat will take place with a minimum of 5 and maximum of 14 participants. If we don't reach the minimum number of 5 participants, we reserve the right to cancel the retreat with a written notice 1 week in advance. |
| | 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 | 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 treatments. |

PACKAGE PRICES

| | | Superior Room | Junior Suite | Superior Suite | Deluxe Suite | Prices in CHF per room |
|-------------------------------|--|------------------|-----------------|-------------------|-----------------|-----------------------------------|
| 14 - 15 September 2019 | 1 Night in the chosen room category | 505.- | 555.- | 625.- | 725.- | single occupancy |
| | Welcome Coffee | 870.- | 920.- | 990.- | 1'090.- | double occupancy |
| | 2 lunches, 1 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 |

