



Yoga for your body, mind & soul.

## *Sensi Yoga Retreat – Il dolce essere. at Lake Lugano*

Sunday, 24 until Friday 29. September 2023

### **NAMASTÉ**

In our holistic retreat you will experience the conscious way of „Dolce Vita“, thus the sweet Italian lifestyle combined with the yoga approach.

Within these five days you discover your „dolce essere“ = your sweet being throughout daily soft and demanding yoga sessions, meditations, creative workshops, picturesque surrounding and Italian cuisine (100% plant based) as well as a cooking class.

The lovingly selected location reflects the alignment of our retreat to feel at ease: familial, holistic and enriching.

Be part of it and find complete unison of body, mind & soul.

We look forward to welcoming you!  
Sina with Bella & Katja with Filou

### **TEAM**

Sensi Yoga, [www.sensi-yoga.de](http://www.sensi-yoga.de)

#### **Sina & Bella**

- Organizer and contact person
- Yoga Teacher:  
Hatha/Vinyasa/Hormone/Kundalini/Yin = Sensi Yoga
- Reiki
- Bella: the shy beauty for playing and cuddling



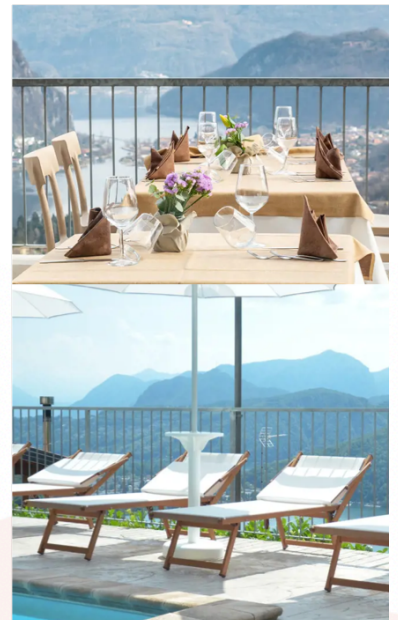
#### **Katja & Filou**

- Organizer and contact person
- Plant based nutrition expert
- Reiki
- Filou = the charming cheeky monkey for playing and cuddling

### **Location**

Hotel, Ristorante Stampa, Via Stampa 3 – Cadegliano Viconago (VA)  
[www.stampa1968.com](http://www.stampa1968.com)

- Family guided and peaceful place to unwind
- Pool and grand sun terraces for Yoga and delights
- High quality Italian cuisine and modern facilities





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### **Retreat Overview**

*Il dolce essere. The sweet being.*

- Harmony & union of body, mind & soul
- Mindfulness – becoming aware of the present moment
- Body control, relaxation and revitalization
- Knowledge and insights of self-healing, e. g. through ayurvedic and vegan food
- (Group) exercises to help access your intuition, women's power & inner beauty
- Self-discovery & personal mission
- Training of own intuition through Asanas, Meditations, hiking and visual mindmaps

### **Yoga Elements**

- Asanas: Physical body exercises to gain strength and energy
- Pranayama: Breathing exercises to increase and regulate energy within your body
- Dharana: Mindfulness exercises for achieving a state of concentration
- Dhyana: The second state of mindfulness exercises to go deeper into meditation
- Mudra = Symbolic hand gestures or Hand Yoga to strengthen the inner organs
- Mantra = holy words for listening and chanting
- Chanting = joint singing which connects to self and the group

### **Retreat programm**

- 2 daily Yoga Sessions (Hatha, Vinyasa, Kundalini, Yin, Power)
- 1-2x daily Mindfulness exercises and meditation
- 1x Fern-Reiki-Behandlung am Abend als „Betthupfer!“ für einen heilsamen Schlaf
- Creative Workshop-Session for self-discovery & personal mission
- Inspiring and calming hiking tours to connect to the source of life - nature
- Cooking class for community and handling with plant based food
- ItAyurveda Soulfood and insights into the world of ItAyurveda (Indian art of healing combined with the Dolce Vita Italian cuisine by Katja & Sina)

### **Sensi ItAyurveda Soulfood**

Daily

- 1x rich brunch and afternoon snack
- 2-course-dinner
- Water, tea, coffee for brunch, snack and dinner inclusive  
(all other drinks exclusive and on own costs, e. g. Soft Drinks, alcohol)



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### Prize

- All-Inclusive:
  - 5 overnight stays in double room (single use with extra costs)
  - Vegan Brunch and afternoon snack
  - 2-course-dinner
  - 1x cooking class, also incl. beverages
- Water, tea, coffee for brunch, snack and dinner time (all other drinks exclusive and on own costs, e. g. Soft Drinks, alcohol)
- Welcome surprise in the room

**Overall costs with two person in double room: 1.290 € per person**

**Overall costs alone in double room: 1.790 € per person**

### Extras

- Reiki-session on request (40 minutes = 50 € or 60 minutes = 75 €)
- Own travel arrangements, pick-up service at trail station on request with extra costs

### Payments

1. On booking the first rate of 490 € is due
2. The second rate of 240 (single use 390 €) is due on 24.08.23
3. 1 week before the retreat the third rate of 560 € (single use 910 €) is due

All amounts will be provided via E-Mail with IBAN for bank transfer. The application for this retreat is binding.

### Application form

Sensi Yoga Retreat – Il dolce essere. – 24 - 29 September 2023, Hotel Stampa, Lake Lugano

<b>First name &amp; last name</b>	
<b>Address</b>	
<b>Telephone</b>	
<b>E-Mail</b>	
<b>Date of birth</b>	



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<b>Health complaints</b> (e.g. intervertebral discs etc.)	
<b>Yoga knowledges:</b>	
<b>Participation requirement:</b>	Participation is at your own risk. Yoga teacher does not replace a doctor or therapist for acute pain or physical discomfort. Participants undertake to report existing acute and past and chronic diseases. This information will be kept confidential. It goes without saying that the responsible handling of health impairments and possible illnesses lies with the participant himself. In case of discomfort, the exercise must be stopped immediately and the trainer informed.

Die I agree with the terms and conditions as well as privacy statement of Sensi Yoga and the retreat content and bindingly book herewith the Retreat from 24 until 29 Seüt 2023.

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Place, Date, Signature

