

CUORE DEL SOLE RETREATS

# Spring Retreat in Valle Cannobina

YOGA / BREATHWORK / SHIATSU / HIKING



**9 - 12 MAY 2024 / ASCENSION WEEKEND**  
CURSOLO, VALLE CANNOBINA, PIEMONTE

## SHORT DESCRIPTION

Karin and Chris invite you to their spring retreat in Cursolo.

The small mountain village of Cursolo lies high above the Cannobina Valley in Piedmont, halfway between Locarno and Domodossola.

You can expect a yoga deck floating above green woods with a fantastic view of the valley and the surrounding hills and mountains.

In the spirit of spring, which makes everything sprout and grow, we will focus on the wood element and the associated life energy Qi. In traditional Chinese medicine, Qi is considered to be the life force that flows through every human being.

Daily Vinyasa Yoga as well as meridian and breath work will activate and strengthen our Qi, while the calmer Yin sequences in the afternoon have a nourishing and balancing effect on our energy.

The retreat includes a 45-minute Shiatsu treatment for each participant.

You will return home inspired and invigorated!

## FACILITATORS

Karin Bigler is naturopath TCM and Shiatsu.

[www.karinbigler.ch](http://www.karinbigler.ch)

Chris Leuenberger is a dancer, choreographer, yoga teacher and breath coach.

[www.chrisleuenberger.com](http://www.chrisleuenberger.com)



## THE WOOD ELEMENT

In spring, the life energy - Qi - awakens anew. According to traditional Chinese medicine, the wood element is associated with the liver and gall bladder energy.

Yang warmth stimulates plants to grow again. The sap rises in the trees and the first green leaves sprout. The spring Qi is a manifestation of the power generated by the wood element. It is the same Qi that brings sprouts to the surface and makes them blossom.

Spring Qi can give us an insight into our human potential, initiating growth and change so that development can occur. The wood element is also associated with creativity.

2024 is under the sign of the wood dragon. This year promotes creative thinking and personal growth. We will feel the wood aspect of the year in spring, especially with a strong yang energy of the gallbladder.

In this dynamic time, we want to be with you in nature, experience this wood energy and at the same time feel it as movement in our bodies. The wood element stands for ligaments and tendons, which we stretch in Vinyasa Yoga and the afternoon Yin Yoga. This allows the liver and gallbladder Qi to flow. We spend time outside surrounded by the elements, hiking or relaxing with a shiatsu treatment on the futon and enjoying the free flow of Qi.

During these days, it is important for us to strengthen our bodies with appropriate nutrition, lots of green vegetables, fresh wild herbs from the garden and woods and pleasant teas or smoothies. The green hills of Cursolo are the perfect place for this seasonal experience.

Sources:

- Constitutional Acupuncture according to the five phases of change
- Ina Dialosa Schönemann - The Wood Dragon Year



## PRACTICES



In the morning, we get into a steady and mindful flow of movement with a gentle Vinyasa Yoga that slowly increases in dynamics. We breathe in the fresh mountain air and let our eyes rest in the green of the landscape. The morning yoga classes are complemented by both activating and centering breathwork modalities and a short meditation.

After a hearty breakfast, the Qi is further stimulated during a leisurely hike up Monte Vecchio or to Alpe Daila in the neighboring Val Grande National Park.

After lunch, we allow ourselves a rest. During this time or before dinner, Karin will pamper you with a personal Shiatsu treatment.

In the late afternoon, we nourish our Qi through gentle Yin stretches and release deep-seated tension and energetic blockages with the Conscious Connected Breath. Conscious Connected Breathwork is a safe and powerful technique that facilitates the release of old thought patterns and creates a shift in consciousness. This shift is a natural process of cleansing and relaxation, dissolving physical, emotional, and mental tensions. Guided by music and my voice, you will embark on an inner breathwork journey that supports you in opening your body and heart and welcoming mental clarity, calm and connectedness.

## DAILY SCHEDULE

7:30 - 9h	morning yoga, pranayama, meditation
9:30 - 10:30h	breakfast
11 - 13:00h	hiking (optional)
13:30 - 14:30h	lunch
14:30 - 16:00h	rest / individual Shiatsu treatments
16 - 17:30h	afternoon practice - Yin yoga & breathwork (Conscious Connected Breath)
18 - 18:45h	individual Shiatsu treatments
19h	dinner

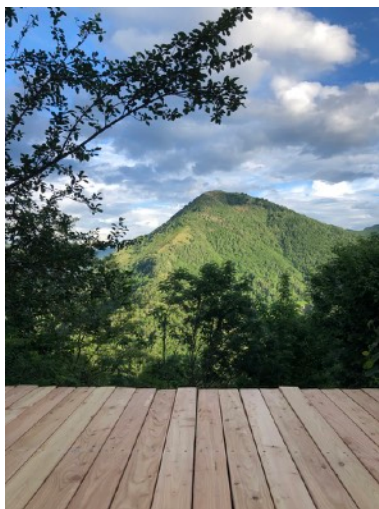
## MEALS

It is important to us to provide you with seasonal and regional food, lots of vegetables and green plants from the garden and forest. We look forward to introducing you to the benefits of fresh wild plants as ingredients in salads and green smoothies.

All meals are vegetarian or vegan and are freshly prepared.

## WHAT'S INCLUDED?

- 3 x 90 minutes morning yoga (Vinyasa Flow, Pranayama, Meditation)
- 1 x 60-minutes meridian stretches and introduction to the wood element (Thursday afternoon)
- 1 x 90 minutes breathwork journey - Conscious Connected Breath (Friday afternoon)
- 1 x 90 minutes Yin Yoga (Saturday afternoon)
- 1 x 45 minutes Shiatsu treatment per participant
- 3 hikes
- 3 x breakfast, lunch and dinner - vegetarian and vegan options
- use of yoga mats and equipment (meditation cushions, blocks, blankets etc.)
- shuttle service between Malesco train station and Cursolo



## GROUP SIZE

The number of participants is limited to 6 people.

## LANGUAGE

The language of instruction is German and/or English depending on the composition of the group.

## ARRIVAL AND DEPARTURE DAY

Arrival is planned for Thursday early afternoon. Arrival between 2 and 4 pm.

Departure is planned for Sunday after lunch at around 3 pm.

## ACCESSIBILITY

Cursolo is the highest village in the Valle Cannobina.

Cursolo can be reached by car via the Centovalli Valley from Ticino or via the Vigizzo from Domodossola.

From both directions, drive to Malesco, where there is a turn-off to Valle Cannobina. Or you can drive up the Cannobina Valley from Cannobio on Lake Maggiore.

By train you can travel until Malesco (station between Domodossola and Locarno), where we can pick you up by car.

## ACCOMMODATION

We have various accommodation options.

- accommodation in the main house
- accommodation in houses of neighbors in the village

Accommodation is paid separately. The cost is 25 euros for a double room and 40 euros for a single room per person per night. See separate information sheet.

## RETREAT FEE

Earlybird-fee: 380.- CHF (until 29 February)

As of 1 March: 430.- CHF

Included in the retreat fee are all practices, all meals and transportation from Malesco.

## CANCELLATION POLICY

If you have already paid for the retreat and have to cancel:

If you let us know by April 21, we will refund 100% of the paid amount.

If you cancel up to one week before the retreat, we will refund 50% of the retreat fee.

If you cancel less than 3 days before the retreat, we will unfortunately not be able to refund the fee.

## FOR FURTHER INFORMATION AND SIGN-UP

[christoph.leuenberger@gmail.com](mailto:christoph.leuenberger@gmail.com)