

CUORE DEL SOLE RETREATS

New Year's Retreat in Valle Cannobina

YOGA / BREATHWORK / MEDITATION / HIKING



JANUARY 9 - 11 2026

CURSOLO, VALLE CANNOBINA, PIEMONTE

WELCOME THE NEW YEAR WITH INTENTION

Step away from the noise of the world and into the stillness of the Italian Alps.

In the remote mountain valley of **Valle Cannobina**, where time seems to slow down and nature embraces you from all sides, you are invited to close 2025 with reflection and begin 2026 with clarity, balance, and renewed energy.

This intimate 3-day retreat combines **breathwork**, **yoga**, **meditation**, and **mindful hiking**, creating space for deep rest, connection, and inner transformation.

WHAT TO EXPECT

Daily Vinyasa Yoga, Pranayama and Meditation

We begin the morning with a gentle, heart-opening yoga practice designed to awaken the body and connect breath with movement. The practice includes cleansing pranayama techniques and a centering meditation. Suitable for all levels, these morning sessions focus on presence, grounding, and flow.

Breathwork

On Saturday afternoon we explore Conscious Connected Breathwork, a deeply transformative practice to release old patterns and awaken inner spaciousness — reconnecting with the quiet strength that arises from within. This session supports emotional clarity, energy renewal and expansive states of consciousness.

Mindful Hiking in Nature

After breakfast we journey into the surrounding mountains for mindful hikes along forest paths and river trails. Moving through nature at a gentle pace, you'll experience the grounding rhythm of walking meditation and the serenity of Valle Cannobina's untouched beauty.

Evening Circles & Moonlight Meditation

As dusk descends, we gather in warmth and candlelight for reflective evening circles — a time for gentle sharing, journaling, and quiet presence.

Each night closes with a **Moonlight Meditation**: a softly guided practice before bedtime that invites you into stillness. In silence and slow breath, we allow the experiences of the day to integrate and settle. The practice nurtures deep relaxation and peaceful rest — a time to listen inwardly, to the whispers of the heart, and to the subtle quiet of the mountains as they sleep under the stars.

Start 2026 grounded, peaceful, and inspired.

Come home to yourself in the silence of the mountains.

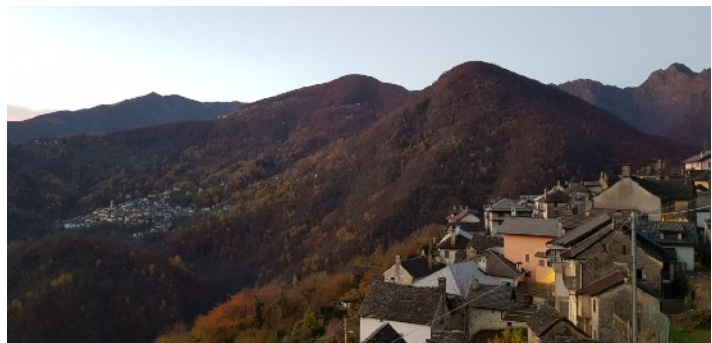
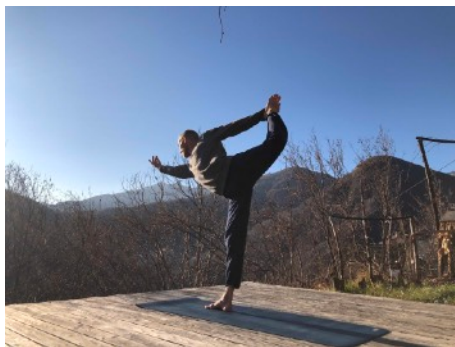
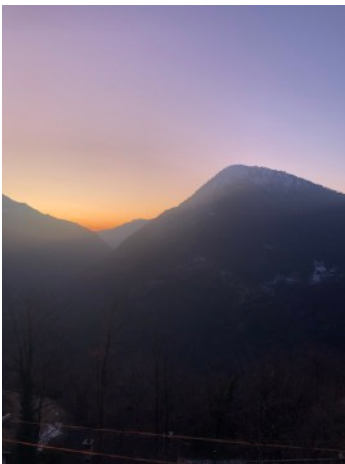
THIS RETREAT IS FOR YOU IF YOU ARE:

- seeking a meaningful way to enter the New Year
- wishing to reconnect with yourself through nature, movement, and breath
- longing for silence, simplicity, and authentic community
- open to inner exploration and mindful living

All levels are welcome — no prior yoga or meditation experience is required.

THE EXPERIENCE INCLUDES

- 2 x 75 minute morning practice (Vinyasa yoga, pranayama, meditation)
- 1 x 90 minute breathwork journey: Conscious Connected Breath
- 2 guided hikes in nature
- 2 moonlight meditations before bed
- 2 x breakfast, lunch and dinner - vegetarian and vegan
- Free time for rest, journaling, or simply being
- use of yoga mats and props (cushions, blocks, blankets etc.)
- transport between Malesco train station and Cursolo



FACILITATOR



Chris Leuenberger is a breathwork facilitator, dance artist and yoga teacher based in Bern and Cursolo. Since 2008 he has worked as a freelance performer and choreographer in the independent scene. Besides his artistic projects, he has taught at yoga studios in Bern and co-organised retreats in Italy, Spain and Switzerland. Currently he facilitates both group and 1:1 breathwork sessions in Bern and online. He also hosts retreats and residencies for artistic and somatic research in nature. www.chrisleuenberger.com

DAILY STRUCTURE

FRIDAY

16:00 - 18:00h	arrival, settling into your accommodation
18:30h	dinner
20:00h	guided reflection, intention setting
21:00h	Moonlight Meditation

SATURDAY

8:00 - 9:15h	Yoga, Pranayama, Meditation
9:30 - 10:30h	breakfast
11:00 - 13:00h	guided hike / Walking Meditation
13:30 - 14:30hr	lunch
16:00 - 17:30h	Conscious Connected Breathwork
19:00h	dinner
21:00h	Moonlight Meditation

SUNDAY

8:00 - 9:15h	Yoga, Pranayama, Meditation
9:30 - 10:30h	breakfast
11:00 - 13:00h	guided hike / Walking Meditation
13:30 - 14:30h	lunch

In the spirit of a digital detox, you are kindly invited to refrain from using social media and online communication throughout the duration of the retreat.

GROUP SIZE

Intimate group (max. 5 participants)

LANGUAGE

English or German, depending on the composition of the group, with Italian translation if needed.

NOURISHMENT

All meals are lovingly prepared with **local, seasonal ingredients** — simple, grounding dishes to support your body and balance your energy throughout the retreat.

Herbal teas and healthy snacks are available throughout the day.

ARRIVAL AND DEPARTURE DAY

Arrival is planned for Friday between 4 and 6pm.

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

ACCESSIBILITY

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

RETREAT FEE

390.- CHF

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

Accommodation is paid separately.

ACCOMMODATION

We have accommodation options in different houses in the village.

The options are single or double rooms with shared bathrooms. The rooms are simple and rustic.

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.

CANCELLATION POLICY

If you cancel up until December 15, 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

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