

CUORE DEL SOLE RETREATS

Autumn Retreat in Valle Cannobina

YOGA / BREATHWORK / TUINA MASSAGE / HIKING



25 - 28 SEPTEMBER 2025

CURSOLO, VALLE CANNOBINA, PIEMONTE

SHORT DESCRIPTION

Karin and Chris invite you to their autumn 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 colourful woods with a fantastic view of the valley and the surrounding hills and mountains.

Our autumn retreat is all about breathing and lung energy.

In this time of change and letting go, we would like to be with you in nature and explore the transformation phase of the metal element. We will discover and stimulate our lung Qi with guided breathwork.

In the morning Vinyasa Yoga we consciously combine movement with breath. During the calmer meridian stretches and yin sequences in the afternoon, we turn our gaze inwards and bring lung and colon energy into flow. The retreat includes a 45-minute Tuina treatment for each participant.

You will return home inspired and invigorated!

FACILITATORS

Karin Bigler is naturopath TCM and Shiatsu. www.karinbigler.ch

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

www.chrisleuenberger.com



Testimonial of a participant:

It was a wonderful yoga retreat! Absolutely perfect from start to finish.

I have never had such great vinyasa yoga sessions in such a beautiful and inspiring environment. To enjoy this wooden platform surrounded by greenery with a view over the whole valley, during the yoga classes and the 'breathing workshop', the meditation or best of all during the super effective and relaxing Shiatsu treatment was really the very best, truly fantastic! It was such a balanced and well thought out and organised program with great hikes and delicious, healthy vegetarian / vegan food. This long weekend outside, with all this and in peace, nature and with nice company gave me more relaxation and more energy than all other trips and vacations combined!

I'm looking forward to next year, hopefully with bright sunshine again :)

Esther Ortmann, London / Spring Retreat 2024

THE METAL ELEMENT

In autumn a time of decline and decreasing activity begins. We enjoy the abundance of harvested fruit. But it is also a time of decay: plants wither, leaves fall. Nature withdraws its energies. Time to preserve what has value and let go of what is too much.

When the Qi withdraws inwards, it is time to let go. As the nights get longer and the days get shorter, the temperature cools down. Autumn is the beginning of the yin period and is therefore referred to as "little yin". Many people feel melancholy and the need to retreat during the autumn season. The yang Qi of summer changes to the yin Qi of autumn and we can turn our gaze inwards again.

In this time of change and letting go, we would like to be out in nature with you and explore the transformation phase of metal. According to Chinese medicine, the lungs and large intestine energy are assigned to the metal element. The lungs (yin organ) take in air, while the large intestine (yang organ) absorbs fluid and takes over the excretion.

Our autumn retreat is all about breathing and lung energy. During these days it is important for us to discover and stimulate our lung Qi with guided breathwork.

In the morning Vinyasa Yoga we consciously combine movement with breath. With meridian stretches, we bring lung and large intestine energy into flow and create a connection to digestion and elimination.

The daily hikes in the autumnal Valle Cannobina influence our lung energy and support the immune system. During these days it is important for us not to overtax our bodies.

An individual Tuina treatment brings you into deep relaxation after the activity.

Also our diet will be adapted to the autumn season. We will design our menu plan with the spicy/hot taste associated with the metal element, as well as foods that specifically strengthen the lung Qi.

Warming soups and selected herbal teas are available daily.

We look forward to this shared autumn experience with you in Valle Cannobina.

Sources: - Constitutional Acupuncture according to the five phases of change



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 vastness of the landscape. The morning yoga classes are complemented with carefully guided breathwork modalities from yogic and functional breathing techniques 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 Tuina treatment.

Later in the afternoon, we focus on the energy of the lungs and large intestine through gentle meridian stretches and longer-held Yin yoga asanas. In this way, we learn to better understand and apply the yin and yang principles of the metal element.

Through Yoga Nidra and Conscious Connected Breathwork, we get in touch with our subconscious and activate our self-healing powers.

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

8:00 - 9:30h	morning yoga, breathwork, meditation
9:45 - 10:30h	breakfast
11 - 13:00h	hiking (optional)
13:30 - 14:30h	lunch
14:30 - 16:00h	rest / individual Tuina treatments
16 - 17:30h	afternoon practice - Yin yoga & breathwork (Conscious Connected Breath)
18 - 18:45h	individual Tuina treatments
19h	dinner

MEALS

It is important to us to provide you with seasonal and regional food, lots of vegetables and fruit from the surrounding area and the garden. 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 metal 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 Tuina 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.)
- pick-up service at Malesco train station



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.

PRICES

Early-bird fee: 490.- CHF (until May 15 2025)

Regular fee: 550.- CHF

Included in the price are all practices, meals and pick-up service from Malesco.

Accommodation is paid separately.

ACCOMMODATION

We have various accommodation options.

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

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 have already paid for the retreat and have to cancel:

If you let us know by August 24, 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