

GENERAL INFORMATION

SUMMER RETREAT *SENSORY BODY LANDSCAPE*

August 20 - 23, 2026

in Cursolo, Valle Cannobina (IT)

Arrival Thursday, August 20 **between 1pm and 3pm**

Departure Sunday, August 23 **after lunchtime (around 3pm)**

Facilitators

Jihae Ko, Chris Leuenberger

Address

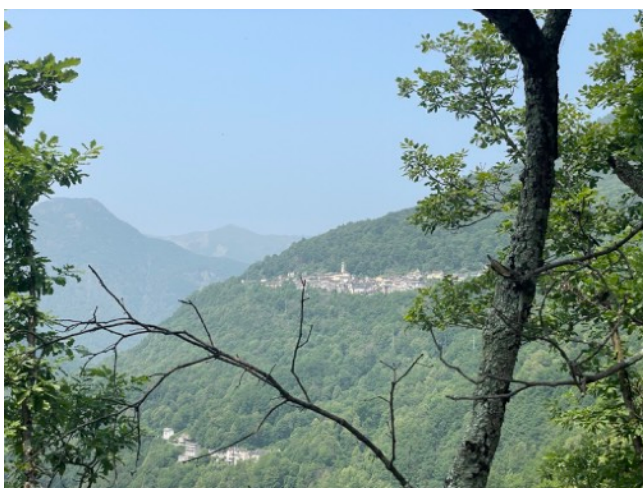
Via del Torchio 5

Cursolo-Orasso

28827 Valle Cannobina VB

About the village

Cursolo is a small Alpine village in the Piemonte region of Northern Italy. The village has seventeen permanent inhabitants. There is a café/bar at the entrance of the village. Above this bar is also the Sala Multiuso, an indoor space we can use for some of our practices in case of bad weather. There are no shops or pharmacies in Cursolo. The nearest grocery stores are in Finero or Orasso about 5 km away.



What should I bring?

We advise you to bring clothing for warm summer weather, sunglasses, a hat, a sealable water bottle and sunscreen lotion. Bring some long-sleeved sweater and pants as the weather can cool off in the evenings. Please bring adequate footwear (hiking boots or sneakers) for hiking in the woods and on mountainous terrain as well as a swimsuit for our practices in and around the water (river pools). It will be helpful to have a small backpack to carry water, personal belongings and snacks during our excursions.

Meals

Meals will be vegetarian with vegan options, cooked with local and fresh ingredients.

Do let us know in advance, should you have any allergies or dietary restrictions. On one day we will pack a lunch to bring along in our backpacks, as we will spend a larger portion of the day outdoors.

Accommodation

The accommodation in Cursolo is simple and rustic. You will be staying in old Italian mountain houses in the village, some belonging to neighbours. All houses are within 1 - 5 minute walking distance to the main house and the yoga deck. The options are single or double rooms with shared bathrooms.

Bedding and towels will be provided and are included in the price.



Cost of Full Package with Accommodation in a Single Room (3 nights)

681.- CHF

Cost of Full Package with Accommodation in a Double Room (3 nights)

640.- CHF

Full package includes all practices, all meals, 3 nights accommodation and transportation from Malesco train station to Cursolo and back.

Registration

To confirm your spot, please transfer the full amount to the following bank account:

IBAN CH71 0023 5235 4980 4140M

BIC / SWIFT Code UBSWCHZH30A

Bank UBS, Marktgasse 16, 4900 Langenthal

Name Christoph Leuenberger, Pappelweg 42, 3013 Bern

Cancellation Policy

If you cancel up until **July 12**, 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.