CUORE DEL SOLE RETREATS

Spring Retreat in Valle Cannobina

YOGA / BREATHWORK / HIKING



6 - 9 MAY 2027 / ASCENSION WEEKEND

CURSOLO, VALLE CANNOBINA, PIEMONTE

YOUR RETREAT AT A GLANCE

The charming little mountain village of Cursolo lies high above the Cannobina Valley in Piedmont, halfway between Locarno and Domodossola. Here, you'll find a beautiful yoga deck seemingly floating above lush green forests, offering breathtaking views of the unspoilt valley and the surrounding hills and mountains. A place to breathe deeply, find stillness, reconnect with yourself and replenish your energy. Spring invites us to blossom, to welcome new beginnings and to awaken the vibrant energy of nature within ourselves. A time to grow, to renew and to embrace the beauty of new possibilities.





A gentle start of the day

In the morning, we ease into the day with a gentle Vinyasa yoga practice that gradually builds into a flowing sequence of mindful movement. We connect breath with movement, breathe in the fresh mountain air and let our gaze wander across the lush green landscape surrounding us. Accompanied by light pranayama and a short meditation, we begin the day mindfully, feeling energised, grounded and deeply connected to ourselves.

Discovering nature

After a nourishing breakfast, we set off for a relaxed hike through the beautiful surrounding landscape. Whether heading towards Monte Vecchio or Alpe Daila in the neighbouring Val Grande National Park, we take time to enjoy the tranquillity of nature, the beauty of the scenery and the vastness of the mountains. With every step, we leave everyday life a little further behind, allowing ourselves to slow down, reconnect with nature and draw fresh energy from our surroundings.

A moment just for you

After lunch, there is time to rest, reflect and simply be. We enjoy some free time, allowing the experiences of the day to gently settle in while giving body and mind a moment of peace, relaxation and renewal.

Individual treatments in Structural Integration

For those wishing to treat themselves to something special, individually tailored sessions in Structural Integration with Chris are available in the afternoon or before dinner. Structural Integration is a form of hands-on bodywork that focuses on the interplay between fascia, posture and movement. Through mindful, targeted touch, patterns of tension are explored and the body's natural freedom of movement is supported. The session invites you to deepen your awareness of your body, discover a new sense of lightness and reconnect with your inner balance.

A gentle close to the day

In the late afternoon, we wind down with a gentle, restorative practice. Longer-held stretches and deeply relaxing Restorative Yoga poses help us release tension, slow down and find stillness.

Conscious Connected Breathwork

During our Conscious Connected Breathwork session, we invite you to settle into a comfortable lying position, accompanied by music, and gently turn your attention inward.
Through conscious, connected breathing, space opens up to deepen your connection with your body, welcome emotions and gently release physical and emotional tension. Held in a safe and mindful space, you are invited to surrender to your breath and trust your inner wisdom. This experience can bring greater clarity, a sense of lightness and a deeper connection with yourself.

A Taste of Spring

Spring is also at the heart of our culinary experience. Silvia delights us with lovingly prepared menus inspired by the season. Fresh, locally sourced vegetables, delicate wild herbs and edible flowers add a special touch to every dish, turning each meal into a little celebration for the senses.

Time to reconnect

Surrounded by the beauty of the mountains, you'll find space for yourself – for movement and stillness, moments of pure enjoyment and inspiring connections.
You'll return home feeling nourished, relaxed and renewed, carrying a fresh sense of springtime energy with you.

DAILY SCHEDULE

7:30 – 9:00 AM	Morning Yoga, Pranayama & Meditation
9:30 – 10:30 AM	Breakfast
11:00 AM – 1:00 PM	Hike
1:30 – 2:30 PM	Lunch
2:30 – 4:00 PM	Time to Rest*
4:00 – 5:30 PM	Afternoon Practice – Restorative Yoga & Breathwork
5:30 – 7:30 PM	Time to Relax*
7:30 PM	Dinner

* individually bookable sessions in Structural Integration available during free time

WHAT'S INCLUDED?

- 1 × 60-minute gentle yoga and breathwork session to ease into the retreat
- 3 × 90-minute morning yoga sessions (Vinyasa Flow, Pranayama and Meditation)
- 1 × 90-minute Conscious Connected Breathwork journey
- 1 × 75-minute Restorative Yoga session
- 3 shared hikes (optional)
- 3 days of breakfast, lunch and dinner – all vegetarian or vegan
- Use of yoga mats and props (meditation cushions, blocks, blankets, etc.)
- Shuttle service between Malesco train station and Cursolo

FRESH FLAVOURS OF SPRING

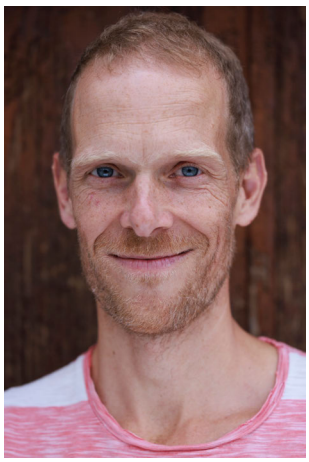
With a love of cooking and a passion for wild and medicinal plants, Silvia delights you with seasonal dishes made from fresh, locally sourced ingredients throughout the retreat. Fresh vegetables, delicate wild herbs gathered from the forest and garden, and edible flowers bring the flavours of spring to your plate – whether in a colourful salad, a vibrant green smoothie or a lovingly prepared meal.
Silvia is a trained baker and pastry chef and has spent the past 20 years working as a graphic designer and photographer. Her creativity finds its way into the kitchen, too, where she loves discovering new plant flavours and sharing them with others. All meals are freshly prepared and entirely vegetarian or vegan.





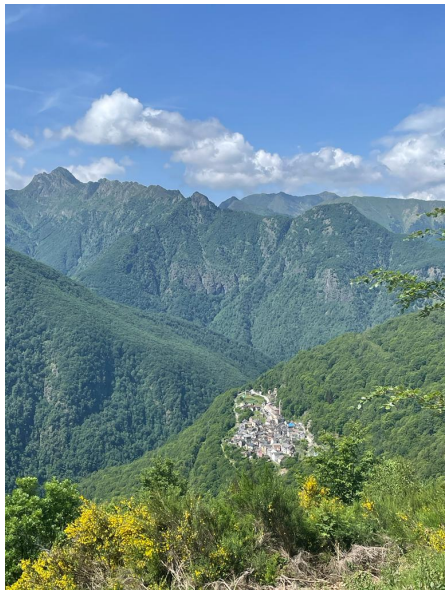


YOUR FACILITATOR



Chris is a yoga teacher, breathwork facilitator, dance artist and trainee Rolfer. He divides his time between Bern and Cursolo. Since 2008, he has been working as a dancer and choreographer in the independent performing arts scene. Alongside his artistic projects, he has taught at yoga studios in Bern and led retreats in Italy, Spain and Switzerland.
He currently offers a variety of breathwork formats for groups as well as individual one-to-one sessions, both in person and online. He also organises retreats and residencies dedicated to artistic and somatic exploration in nature. www.chrisleuenberger.com










GROUP SIZE

Limited to 6 participants to ensure an intimate and personal retreat experience.

LANGUAGE

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

ARRIVAL AND DEPARTURE

Arrival is planned for Thursday in the early afternoon, between 1:00 and 3:00 PM.
Departure is on Sunday after lunch, at around 3:00 PM.

HOW TO GET THERE?

Cursolo is the highest village in the Cannobina Valley, nestled in the mountains of Piedmont, northern Italy. By car, Cursolo can be reached via the Centovalli Valley when travelling from Ticino, Switzerland, or via the Vigezzo Valley from Domodossola. From either direction, follow the road to Malesco, where you'll find the turn-off towards the Cannobina Valley. Alternatively, you can drive up the Cannobina Valley from Cannobio on the shores of Lake Maggiore.
By train, you can travel to Malesco, a station on the line between Domodossola and Locarno. We'll be happy to pick you up there and bring you to Cursolo by car.

RETREAT FEE

CHF 570.-
The retreat fee includes all yoga and breathwork sessions, all meals and transport from Malesco to Cursolo and back. Accommodation and individual treatments in Structural Integration are not included and are charged separately.

ACCOMMODATION

We offer accommodation in several houses throughout the village.
You can choose between single or double rooms, all with shared bathroom facilities. The rooms are simple and rustic, reflecting the charm of the mountain village.

The rates per person, per night are:

- Double room: €25
- Single room: €40

CANCELLATION POLICY

- Until 6 April: If you cancel by this date, we will refund 100% of the amount paid.
- Up to one week before the retreat: We will refund 50% of the retreat fee.
- Less than 3 days before the retreat: Unfortunately, no refund can be issued.

FOR BOOKINGS AND FURTHER INFORMATION

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