

CUORE DEL SOLE RETREATS

# Sensory Body Landscape

SUMMER RETREAT IN VALLE CANNOBINA

JIHAE KO & CHRIS LEUENBERGER



BREATHWORK

SOMATIC MOVEMENT

NATURE

**1 - 4 AUGUST 2024**

CURSOLO, VALLE CANNOBINA, PIEMONTE

## SHORT DESCRIPTION

Jihae and Chris invite you to their summer retreat SENSORY BODY LANDSCAPE in Cursolo. The small mountain village of Cursolo lies high above the Cannobina Valley in Piedmont, halfway between Locarno and Domodossola.

Imagine a wooden yoga deck floating above green treetops with a fantastic view of the valley and the surrounding hills and mountains. Lush, breathtaking landscapes, fresh mountain streams and waterfalls. In the spirit of summer, we connect with the abundance of nature, with our senses and our innate creative energy. Through breathwork, somatic movement and practices of contemplation, we delve into a state of presence and inquiry.

What moves the body? What lets us become quiet and present? What heals us?

On leisurely walks through shady chestnut, beech and birch woods, we discover unique energy spots, where we practice listening with all our senses. Rooted in our breath and the sensory body, we feel inward and outward to move with and be moved by the natural elements.

What happens when we let ourselves be moved by the energy of a gurgling mountain brook?

Or when we stand still with tall trees, rooting down to follow their movement upward towards the light?

Let us dedicate a small dance to the spirit of the wind. Or to the peaceful Mount Riga, watching over us day and night.

Emphasising the interconnection between humans and nature as energy, our practice is inspired by the initial purpose of dance—bringing communities together and establishing a connection with nature.

## FACILITATORS



Jihae Ko is a registered acupuncturist, somatic therapist, artist and researcher based in Amsterdam. She has a diverse background in contemporary dance & choreography, Traditional Chinese Medicine (TCM) & energy healing. She works across disciplines, using the body as the central element to bridge art and healing. She brings her expertise through sensory energy practices. She is a co-founder of Medicine Body Studio where she facilitates ongoing sessions, workshops and research.

[www.medicine-body.com](http://www.medicine-body.com)



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 breathwork modalities like the monthly Breath Lab in Bern as well as group and 1:1 sessions (both in-person and online). He also hosts retreats and residencies for artistic and somatic research in nature in Cursolo. [www.chrisleuenberger.com](http://www.chrisleuenberger.com)

## SENSORY BODY LANDSCAPE

Seeing & being seen

Feeling & being felt

Hearing & being heard

Moving & being moved

Senses

As a doorway to come back to our own body

Where we belong, feel safe and trust

Energy body

Where we discover an open landscape

reflecting nature.

-Jihae Ko



## PRACTICES

In the morning we meet on the yoga terrace to greet the rising sun.

Through breathwork and intuitive movement we allow our senses and our body to wake up gently.

After a hearty breakfast, we get ready for our daily excursion, packing our lunch to take with us.



We go for contemplative walks and hikes, immersing ourselves in different landscapes, forests and mountain streams. We will pause often to sensitise our perception and become aware of the different channels that make up our experience: sensory and kinaesthetic information, thoughts and emotions.

Our focus is on investigating our innate moving spirit and healing nature, inspired by the elements of earth, water, fire and air in the Southern Alpine landscape. The sensory body serves as a medium to communicate with our surroundings, allowing us to delve deeper into the practice of direct feeling listening, seeing, moving and being present.

Our practices include sensory movement, drawing, writing and inquiry process to reflect our experiences. We will work both as a group and in couples to support each other's journey. In between practices we take time to meditate and process nature's teachings. After lunch we allow ourselves a rest, napping under a tree or by the waterfall.

In the late afternoon we come back to the village and after some resting and freshening up, we meet again on the yoga terrace to work through energetic blockages with the Conscious Connected Breath. Conscious Connected Breathwork is a powerful technique that helps release old thought patterns and creates a shift in consciousness. This shift is a natural process of cleansing and relaxation. It facilitates healing and integration within our nervous system, physical body and emotions while welcoming a sense of connection with ourselves and the world around us.

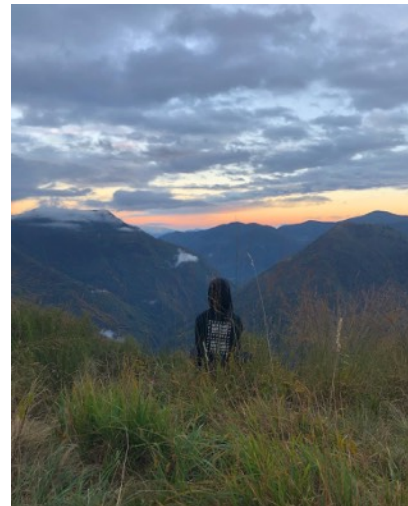
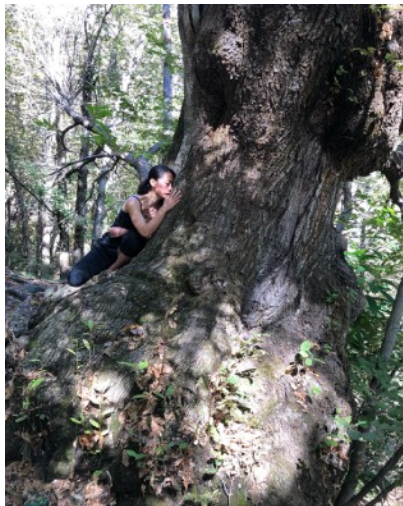


## DAILY SCHEDULE

7:30 - 8:30h	morning practice: breathwork, intuitive movement
9:00 - 10:00h	breakfast
10:30 - 16:00h	daily excursions SENSORY BODY LANDSCAPE (with a packed lunch and siesta in nature)
17:00 - 18:00h	afternoon practice - Conscious Connected Breathwork
19h	dinner

## WHAT'S INCLUDED?

- 3 x morning practice - breathwork & intuitive movement
- All Sensory Body Landscape practices
- 3 x Conscious Connected Breathwork
- 3 x breakfast, lunch and dinner - vegetarian and vegan options (meals prepared communally)
- use of yoga mats and equipment (meditation cushions, blankets etc.)
- shuttle service between Malesco train station and Cursolo



## MEALS

We will take turns and help each other out with meal preparation, so the cooking and washing up is part of the co-creative bonding and getting to know each other.

All meals are vegetarian or vegan. We will provide all foods and drinks, stocking up on seasonal and regional vegetables, grains and proteins. If you wish to prepare a specific dish, let us know so we can buy all the necessary ingredients. Also let us know if you have some intolerances or special dietary needs. We look forward to introducing you to the benefits of fresh wild plants as ingredients in salads and green smoothies.

## GROUP SIZE

The number of participants is limited to 6 people.

## LANGUAGE

The language of instruction is English with possible translation to German.

## 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 can be reached by car via the Centovalli Valley from Ticino or via the Vigezzo 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

Earlybird-fee: 350.- CHF (until 30 April)

As of 1 May: 390.- CHF

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

## ACCOMMODATION

We have accommodation options in the main house or in houses of neighbours 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 July 14, 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)