

CUORE DEL SOLE RETREATS

Autumn Retreat in Valle Cannobina

YOGA / BREATHWORK / HIKING



CURSOLO, VALLE CANNOBINA, PIEMONTE

SHORT DESCRIPTION

Manuela 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, we would like to be with you in nature and strengthen our lungs and breathing muscles through guided breathing exercises.

In the morning Vinyasa and Kundalini Yoga sessions, we consciously combine movement with breath.

During the calmer Yin sequences and Conscious Connected Breathwork sessions in the afternoon, we turn our gaze inward and create space by letting go and listening.

The combination of breathwork, yoga and hiking in the beautiful nature of the Valle Cannobina detoxifies the body and mind, regulates the nervous system, and prepares us for fall.

You will return home inspired and invigorated!

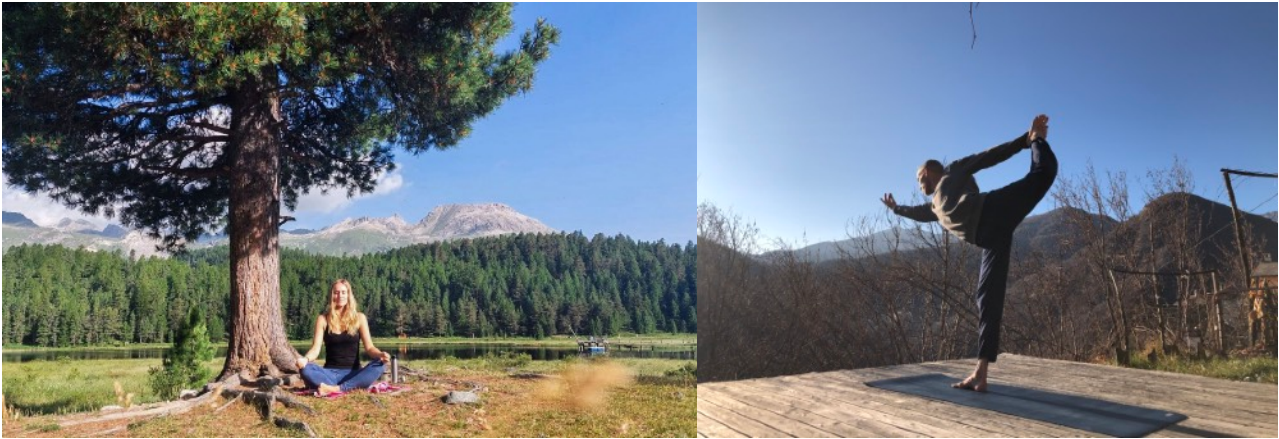
FACILITATORS

Manuela Knobel is homeopath, kundalini yoga teacher, systemic hypnotherapist and breathwork facilitator. www.manuelaknobel.com

Chris Leuenberger is a dancer, choreographer, yoga teacher and breathwork facilitator. www.chrisleuenberger.com



PRACTICES



In the morning, we get into a steady and mindful flow of movement with a gentle Vinyasa or Kundalini 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, we further stimulate our lung energy during a leisurely hike up Monte Vecchio or to Alpe Daila in the neighbouring Val Grande National Park.

Later in the afternoon, we devote ourselves to the art of letting go through gentle meridian stretches and longer-held Yin Yoga asanas. 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 our 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.

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



DAILY SCHEDULE

8:00 - 9:30h	morning yoga, breathwork, meditation
9:45 - 10:45h	breakfast
11:30 - 15:00h	hiking excursions with a packed lunch
16 - 17:30h	afternoon practice - Yin yoga & breathwork (Conscious Connected Breath)
19h	dinner
20:30h	mantra singing around the fire

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, Kundalini, Breathwork, Meditation)
- 1 x 60 minutes and 1 x 90 minutes Conscious Connected Breathwork
- 1 x 90 minutes Yin Yoga
- 3 guided hikes
- 3 x breakfast, lunch and dinner - vegetarian and vegan options (2x we pack our lunch in our backpacks)
- 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 1 and 3 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

Retreat 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

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