

YOGA RETREAT
and
SINGING BOWL MEDITATION
Cavaglia

June 12 - 14, 2026
with Corinne Arner-Semadeni and Rolf Züsli

Yoga meets Crystal Sound



Price per person in double room and full board, tourist tax, yoga seminar and singing bowl experiences:

CHF 528.-, respectively **CHF 488.-** in dormitory

Accompanying persons who do not wish to take part in the retreat are welcome, subject to availability.

For further information:
www.stazionecavaglia.ch
www.kristallklang.ch

Registration at Stazione Cavaglia:
Tel. 081 834 55 61 or by e-mail:
info@stazionecavaglia.ch

Treat yourself to a weekend in the beautiful, wild nature of Cavaglia above Poschiavo! Practice yoga accompanied by breathwork, deep relaxation and meditation - and immerse yourself in the resonant, spherical sounds of the mountain crystal bowls to regenerate and connect with a fresh zest for life.



Program

Theme: Detox

June 12 - 14, 2026

Friday

15.00	Welcome + information
16.00 - 17.30	Yoga (arriving in the here and now) with singing bowl relaxation
18.00	Light dinner
20.00	Singing bowl meditation

Samstag

07.00	Silent walk to the waterfall or meditation
ab 08.15	Breakfast
10.15 - 11.45	Yoga with singing bowl relaxation
12.00	Lunch
	Free time
16.00 - 17.30	Yin Yoga accompanied by the singing bowls
18.00	Light dinner
20.00	Singing bowl meditation

Sonntag

07.00	Silent walk to the waterfall or meditation
From 08.15	Breakfast Check-out
10.15 - 11.45	Yoga with singing bowl relaxation
12.00	Lunch