

# 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](http://www.stazionecavaglia.ch)  
[www.kristallklang.ch](http://www.kristallklang.ch)

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