

YOGA RETREAT
and
SINGING BOWL MEDITATION
Cavaglia

August 30 - September 1, 2024
with Corinne Arner-Semadeni and Rolf Züsli

Yoga meets Crystal Sound



Price per Person in:

Double room and full board CHF 262.-

Dormitory and full board CHF 212.-

Room and board, tourist tax, yoga retreat
and singing bowl experiences:

CHF 508.-, respectively **CHF 458.-**

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 Alp Cavaglia above Poschiavo!
Practice yoga - physical exercises
accompanied by deep breathing, relaxation
and meditation - and immerse yourself in the
spherical sounds of the mountain crystal
bowls to regenerate and connect with a fresh
zest for life.



Program

August 30 - September 1, 2024

Theme: Flowing with yoga and crystal sound

Friday

15.00	Welcome + information
16.00 - 17.30	Yoga (arriving in the here and now) with singing bowl relaxation
18.00	Light dinner
ca 19.30	Singing bowl meditation

Samstag

07.00	Silent walk to the waterfall or meditation
ab 08.00	Breakfast
10.00 - 11.30	Yoga with singing bowl relaxation
12.00	Lunch Free time
16.00 - 17.30	Yoga with singing bowl relaxation
18.00	Light dinner
ca 19.30	Singing bowl meditation

Sonntag

07.00	Silent walk to the waterfall or meditation
ab 08.00	Breakfast
10.00 - 11.30	Yoga with singing bowl relaxation
12.00	Lunch and check-out