

YOGA RETREAT and SINGING BOWL MEDITATION **Cavaglia**

September 12 - 14, 2025
with Corinne Arner-Semadeni and Rolf Züsli

Yoga meets Crystal Sound



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

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

September 12 - 14, 2025

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