



Yoga Retreat
THE JOURNEY WITHIN
Centro Arte CabbioLO | Ticino
28th September - 1st October 2023

Join us in this auspicious journey of turning inward. A nurturing gathering to journey back 'home', to the space within that remains centered, grounded and calm regardless of the whirlwind of external stimulation. A yoga immersion weekend to cultivate the pathway toward an inner stillness, full of joy and trust.

ABOUT YOUR TEACHERS

Carmen Kramis - Vinyasa Flow - 500 RYT, Embodied Yoga & Meditation (German and English)

Catalina Primo - Heart Centred Yoga - 500 E-RYT, Meditation & Astrology (English and Spanish)



DATES 28TH SEPT - 1ST OCT 2023

Centro Arte CabbioLO
La Vila 36, 6558 Lostallo | Ticino

THE PROGRAMME

Thursday 28.09.2023

From 16:00 - Arrival time in Centro Arte CabbioLO
17:00 - 19:00 Welcome & Restorative Yoga
19:15 - Vegan Dinner

Friday 29.09.2023

08:00 - 10:30 Energetic Yoga, Pranayama & Meditation
11:00 Vegan Brunch
12:00 - 16:45 Free Time
16.45 - 18:45 Restorative Yoga + Pranayama + Meditation
19:15 - Vegan Dinner

Saturday 30.09.2023

08:00 - 10:30 Energetic Yoga, Pranayama & Meditation
11:00 Vegan Brunch
12:00 - 16:45 Free Time
16.45 - 18:45 Restorative Yoga + Pranayama + Meditation
19:15 - Vegan Dinner

Sunday 01.10.2023

08:00 - 10:30 Energetic Yoga, Pranayama & Meditation
11:00 Vegan Brunch
From 12:00 - Individual Departure Time

The retreat language will be English and German, depending on the languages of the participants.



PRICE PER PERSON

Total Price:

Triple Room CHF 619*.-

Double Room CHF 649.- /CHF 629*.-

Single Room CHF 719.- /CHF 689.-*

*shared/common bathroom



THE TOTAL PRICING INCLUDES

- * 3-nights accommodation in your chosen room
- * 3-delicious vegetarian dinner*
- * 3-delicious vegetarian brunch
- * Tea and fresh fruits available before brunch
- * 13.5 hours of asana, pranayama, and meditation practice (energetic morning and restorative evening practices open to all levels)
- * Free time to rest or go for walks and enjoy the region

* For any further special dietary requests, with an additional cost of 5 CHF.- p/day, please let us know asap



NOT INCLUDED

- * Transport
- * Additional drinks & snacks (available at the kiosk)

MORE INFO AND REGISTRATION

A non-refundable deposit of 290 CHF.- is to be made, and deducted from your full investment to the following bank account upon registration: CH67 0900 0000 3191 9490 0 PostFinance | CH-4808 Zofingen | Ana Catalina Primo (St Gallen | CH - 9000). After receiving your registration and payment confirmation to info@unicornyoga.ch or carmenkramis@gmail.com your place in the retreat is secured. Registration via e-mail or QR code.



CANCELLATION POLICY

In case of cancellation by the teachers, due to Covid, not enough participants or any other reasons: all costs will be refunded. In case of cancellations by participants: there is no refund of the deposit but there is the possibility for the participant to find someone else to enjoy the spot in the retreat instead (please note this is the responsibility of the participant).

We're SO looking forward to this nurturing and relaxing yoga immersion together!
With love,
Carmen & Catalina

Register via e-mail or here:

