



Yoga Retreat

Cultivating Intimacy with Life

Centro Arte Cabbio

25th - 28th April 2024

Join us on this unforgettable journey of intimacy with life. A 4-day yoga immersion to reconnect with the breath, the movements of the body, and the mystery of the soul in an authentic and profound way. A relaxing weekend with plenty of nurturing yoga, insightful meditation, and mindful moments in the beauty, peace and tranquility of Misox and its surroundings.

ABOUT YOUR TEACHERS

Carmen (teaches in German) – Vinyasa Flow | 500 RYT
Embodied Yoga, Meditation & Spiritual Healing

Catalina (teaches in English) – Heart Centred Hatha | 500 RYT
Embodied Feminine Arts & Astrology



DATES 25TH - 28TH APRIL 2024

Centro Arte Cabbio
La Vila 36, 6558 Lostallo (CH) | www.centroarte.ch

THE PROGRAMME

Thursday 25.04.2024

From 16:00 – Arrival time in Centro Arte Cabbio
17:00 – 19.00 Welcome & Gentle Yoga (Hatha, Yin or Yoga Nidra)
19:15 Plant-based Dinner

Friday 26.04.2024

07:00 – 07:30 Meditation (optional)
08:15 – 10:45 Vinyasa Flow, Pranayama & Meditation
11:15 Plant-based Brunch
12:00 – 16:45 Free Time
16.45 – 18:45 Gentle Yoga + Pranayama + Meditation
19:15 Plant-based Dinner

Saturday 27.04.2024

07:00 – 07:30 Meditation (optional)
08:15 – 09.45 Vinyasa Flow, Pranayama
09.50 – 11.00 Nature Walk & Meditation at the Waterfall
11:15 Plant-based Brunch
12:00 – 16:45 Free Time
16.45 – 18:45 Gentle Yoga + Pranayama + Meditation
19:15 Plant-based Dinner

Sunday 28.04.2024

07:00 – 07:30 Meditation (optional)
08:15 – 10:45 Vinyasa Flow, Pranayama & Meditation
11:15 Plant-based Brunch
From 12:00 – Individual Departure Time



Morning sessions are taught in German, and evening sessions in English. If necessary, translation will be provided.

PRICE PER PERSON

- **Triple / Quadruple Room** CHF 762* (CHF 405 for all yoga practices + shala || CHF 357* for the room and food)
- **Double Room** CHF 777*/CHF 807 (CHF 405 for all yoga practices + shala || CHF 372*/CHF 402 for the room and food)
- **Single Room** CHF 858*/CHF 903 (CHF 405 for all yoga practices + shala || CHF 462*/CHF 507 for the room and food)

*shared/common bathroom



THE TOTAL PRICING INCLUDES

- * 3-nights accommodation in your chosen room
- * 3-delicious vegan dinner*
- * 3-delicious vegan brunch*
- * Nuts and fruits available before brunch, water and herbal tea all day
- * 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 surroundings
- * For any further special dietary requests, with an additional cost of CHF 5 p/day, please let us know asap



NOT INCLUDED

- * Transport
- * Additional drinks & snacks (available at the kiosk)
- * Massage, Spiritual Healing and/or Birth Chart Astrological Reading (limited spaces & only available with a previous appointment)

MORE INFO AND REGISTRATION (read carefully please)

A non-refundable deposit of CHF 405 (Standard) or CHF 330 (Early Bird) is to be made, and deducted from your full investment to the following bank account upon registration:

CH52 8080 8009 3897 6930 6 , Raiffeisenbank Bern , Carmen Kramis

This deposit includes your complete yoga practice and the yoga shala. The difference, which is the costs for the room and food is to be paid on the last day of the retreat at Centro Arte Cabbiolo.

Please note only after receiving your registration and payment confirmation to info@unicornyoga.ch or carmen.kramis@gmail.com your place in the retreat is secured. Registration via e-mail.



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 up to 4 weeks before the start: 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). In case of later cancellation, 4 weeks or less before the start: the full course fee is owed and can only be refunded if the participant find someone else to replace her/him. We recommend a cancellation insurance.

We can't wait to navigate this journey of intimacy with life together!

With love,
Carmen & Catalina