

# Swiss Yoga Holiday



## Vallemaggia - Ticino

30 September - 5 October 2018



## **A unique and revitalizing Yoga-Retreat**

**in the magical Valley of Maggia surrounded by nature, mountains, rivers and waterfalls with lots of sunshine, fresh and pure air, delicious organic food and lots of yoga!**

**Come to the sunny side of Switzerland to reconnect with yourself and experience deep relaxation and pure well-being.**



**Yoga in the midst of Ticino's magnificent nature allows you to rediscover the values of life and expand your horizons.**

**Let yourself drown into the variety of beauties of Ticino!**

## VALLEMAGGIA and its rich Energy Flow...

Vallemaggia is well known for its many and impressive waterfalls. Take in the non-stop flowing vital energy of water and benefit from the magical and powerful purifying abilities of Ticino's waters in all its forms:

Waterfalls, lakes, mountain rivers and streams...



Following the waterways of the Maggia Valley between the rocks smoothed by the river, you discover many magnificent natural rock pools of various shades of blue and small beaches with the finest sand.



## ENJOY...

...A refreshing swim in the crystal clear waters of the Maggia River...



...a cooling plunge under the magic waterfall of the Maggia village...



...or a silent meditation at the waterfall next to the hotel...



## THE VALLEYS...

The many valleys of Ticino have their own charm and the typical mountain cultures are still until today, very well preserved.

## THE MOUNTAINS...

The Swiss Alps are worldwide the most famous mountains in Europe. In Ticino, there are many different possibilities for fascinating trips in the mountains. There is even a glacier: Basodino in Valle Robiei, a side-valley of Vallemaggia whose beauty you can admire in a half-day excursion.







## THE AIR...

In the mountains one finds clean and pure air. Here you can really BREATHE!

Whether it is the refreshing breeze from the waterfall or the pure fresh mountain air, here the Pranayama exercises will have even more powerful results!

Imagine a Pranayama Yoga session in front of the waterfall or during a trip in the mountains...

## PROGRAM: 6 Days

### Daily general program

- 07:30 Hatha Yoga 75 min. (Asana/Pranayama/Meditation/End relaxation)
- 09:00 Breakfast
- 17:00 Hatha Yoga 75 min. (Asana/Pranayama/Meditation/End relaxation)
- 19:00 Dinner

### 2 Excursions (inclusive)

- Valley walk with visit and swim at a waterfall
- Light mountain walk along the river with visit to the highest waterfall of Ticino



## YOGA TEACHER

**Margaretha van den Broek** is an international certified Hatha Yoga teacher and currently studying yoga therapy at the Yoga Therapy Institute in Amsterdam. She is also an experienced massage therapist and beautician.

She was born in Holland, travels professionally and privately around the world like a real globetrotter for already over 15 years, and has accumulated important personal and professional experiences in renowned 5-star hotels.



She joyfully teaches Yoga in four different languages (EN/D/IT/NL) for beginners, intermediate and advanced practitioners without effort.

Margaretha feels easily at home everywhere, but Ticino has a very special attraction to her. She enjoys the many natural resources of Ticino to the fullest and loves to share this with everybody: "Everyone should have the opportunity to practice Yoga in such a beautiful, pure and peaceful environment!"

Margaretha: "Yoga is not just an hour session a day for me. My life is Yoga or Yoga is my life, I try to give a certain value to everything I do. At every moment of the day, I try to seek and to keep contact with myself. In that way I always find happiness in every little thing."

My goal is, when I teach yoga, that one comes into contact on a deeper level with oneself, to have the opportunity to gain more self-knowledge and **BALANCE** so that the **essence of** one's **life** becomes more and more noticeable and visible.



*"Be as you wish to appear,  
because it only goes really well,  
if you are who you are!"*

*Socrates*



## THE MAGGIA VALLEY

A still predominantly natural landscape that is marked by the traveling river Maggia, characterizes the valley that starts at Lake Maggiore and gives access to the Alpine landscape. Fine sandy beaches, wide-scale natural pools, abraded rocks and massive waterfalls shape the image of this valley where hikers can discover the ancient traditions still untouched by modern hectic. It offers a quiet, peaceful and natural environment to relax and heal.

The Magic Maggia Valley presents itself through a wide valley floor and three lateral valleys (Rovana, Lavizzara and Bavona valley).

Seven hundred kilometres of trails form a dense network, allowing you to explore the entire Valle Maggia by foot.

Visitors of the Maggia Valley can find countless traces of an ancient world that still persists in the customs of the population. Constructional gems of inestimable beauty remember the faith of the people and to the success of some emigrants who returned rich. For many centuries, the population of the Maggia Valley lived mainly self-sufficient from the fields and livestock.

Explore the Vallemaggia through its "Sentieri di Pietra" (Stone Trails), a serial of historical-cultural itineraries that will allow you to discover the magic secret of almost every village of this area.



## ECO HOTEL CRISTALLINA

Ecology is considered of primary importance to balance the quality of services offered at the Eco Hotel Cristallina. We identify ourselves with a natural way of life and we do our best to establish a harmonious and sustainable relationship with nature and its resources.

A healthy environment through minimal energy consumption and a pleasant atmosphere that invites to get away from everyday life characterizes the hotel.

*"We are part of nature and as part of this valley we give shape to it with our activities. So we give our best to emphasize and promote the natural beauties of the place, the history, the culture and the cuisine".*

### Accommodation

All rooms are non-smoking rooms, (excluding terraces). Hairdryers and toiletries are available to customers in all bathrooms. To promote sociability among the guests, we intentionally excluded radio and television in the rooms.

### The food - Restaurant

Eco Hotel Cristallina proposes fresh products from organic and regional harvests, including from their orchard. They also give particular attention to vegetarian cooking and to their mainly wholegrain homemade pastas, which flour is freshly ground to preserve their flavour and to guarantee authenticity. The menu regularly offers ethnic dishes from culinary cultures as far away as India or the Middle East, and accommodates guests with food allergies or intolerances. On request, they prepare meals for various types of diets: lactose or gluten free and dishes for guests who prefer vegan cuisine.

The day begins in the spacious and bright ground floor dining room or on the terrace with a rich and entirely organic breakfast buffet: honey and mountain cheeses, a variety of fresh bread, homemade jams, fresh fruit and hand-milled cereals and flakes.

## LEISURE ACTIVITIES AND EXCURSIONS (optional)

- A swim in the natural rock pools under the many waterfalls nearby
- Relaxing at the beautiful banks of Maggia River opposite of the hotel
- Many energy power places nearby to visit
- E-biking
- Massage
- Mountain and valley hikes
- Visit many of the characteristic mountain villages of the Maggia valley
- Visit the beautiful towns Locarno and Ascona
- Visit Lake Maggiore
- Visit the famous Valle Verzasca
- And many more to visit nearby: <http://www.ascona-locarno.com/>

### Ticino and the surrounding

Ticino is the Italian-speaking region in the south of Switzerland and is famous for its sunny weather and Mediterranean influence, its palm-fringed lakes, for its architecture and for its cuisine.

The Maggia Valley attracts attention with its impression of granite and green, its many waterfalls and mountain lakes, glaciers and eternal snow.

The Verzasca valley applies as a hotspot for adventurers and romantics with its picturesque bridges, villages and crystal-clear, deep green waters.





## Nearby:

- Locarno/Ascona - 20 min.
- Locarno Train station - 30 min.
- Lugano – 1 hour
- Lugano Airport (LUG) – 1 hour
- Milan-Malpensa Airport (MXP) – approx. 2 hours
- Zürich Airport (ZRH) – approx. 3 hours

## GOOD TO KNOW

<b>Check in/Arrival</b>	15:00 hrs
<b>Check out/Departure</b>	10:30 hrs
<b>Internet</b>	Free Wi-Fi for hotel guests
<b>Parking</b>	Free parking for hotel guests
<b>Group size</b>	4-10 participants
<b>Yoga mat</b>	Yoga mats available for free
<b>Meditation pillow</b>	Please bring your own meditation pillow
<b>Massage</b>	Margaretha offers upon request professional massages in the hotel (additional charge CHF 90/h.)

## ACCESSIBILITY

Eco Hotel Cristallina is easily accessible by car or by public transport:

### Arriving by public transport

**Train:** Take the train to Locarno and continue your journey by bus into the Maggia valley.

**Bus:** Take the bus from Locarno to the Maggia valley (Vallemaggia) Line 315, every hour, Duration 32 min. Disembark at Coglio and walk in 2 min. to Eco Hotel Cristallina.

### Arriving by airplane

The nearest airport is Milan - Malpensa Airport (MXP) at approx. a 2-hour drive and Zurich Airport (ZRH) at approx. a 3-hour drive.

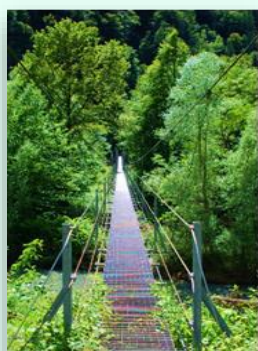
## PRICES

RATES PER PERSON, 30 September - 5 October 2018

ROOM	RATE CHF	
DOUBLE ROOM with shared TOILET/SHOWER on the corridor	CHF	1'050.00
1 PERS. OCCUPANCY	CHF	1'200.00
DOUBLE ROOM with TOILET/SHOWER	CHF	1'150.00
1 PERS. OCCUPANCY	CHF	1'275.00
DOUBLE ROOM with TOILET/BATH	CHF	1'175.00
3 PERS. OCCUPANCY	CHF	1'100.00
DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	1'225.00
1 PERS. OCCUPANCY	CHF	1'375.00
GRAND DOUBLE ROOM with TOILET/SHOWER & BIG TERRACE	CHF	1'250.00
3 PERS. OCCUPANCY	CHF	1'150.00

### Extension options

Did you enjoy your stay and like to stay longer? Please ask for availability.





## What is included?

- 5 Hotel nights
- Welcome Drink at arrival
- 5 x rich organic breakfast buffet incl. local products
- 5 x organic dinner (3 courses)\*
- Tea and dried fruits/nuts in the morning before the Yoga session
- Vitalized drinking water with/without gas
- 2 x daily Yoga class (1 yoga class on arrival and departure day)
- 2 Excursions
- Wireless Internet
- Parking
- Tourist tax
- VAT
- Public transport in entire Ticino (for more info please contact the hotel)

\*N.B. vegetarian or vegan (non-vegetarian and lactose/gluten free also available)



## What is not included?

- Travel costs from and to Eco Hotel Cristallina
- Travel insurance
- Extra excursions and activities
- Eventual travel costs during excursions
- Snacks
- Drinks
- Massages

## RESERVATION & INFORMATION

### Margaretha van den Broek:

Email: [margreetvdbroek@hotmail.com](mailto:margreetvdbroek@hotmail.com)

Tel: +41 (0)76 709 99 20

**Information Eco Hotel Cristallina:** [www.hotel-cristallina.ch](http://www.hotel-cristallina.ch)

Term of entry: 7 September 2018

A deposit of CHF 150.00\* is required to guarantee your booking. The left over balance must be paid entirely before the term of entry onto the following account:

IBAN: CH24 0825 2010 8732 P000 C

BPS SUISSE SA CH-6600 LOCARNO  
VAN DEN BROEK ANNA-MARGARETHA  
Swift: POSOCH22

Please note as remark: **Yoga Holiday Vallemaggia, Sept.** and your **name**.

\* (this amount is not refundable in case of cancellation by the participant)

