

Swiss Yoga Retreat



Vallemaggia - Ticino

29 September - 4 October 2019



A unique and revitalizing Yoga-Retreat

in the magical Valley of Maggia surrounded by nature, mountains, rivers and waterfalls with lots of sunshine, fresh 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.



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 powerful revitalizing 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...

Relax your lungs and recharge your energy in the mountains with its fresh 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 bring powerful benefits!

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 experienced and international certified Hatha yoga teacher with a zest for the outdoors and a contagious enthusiasm. She is also a professional massage therapist and currently studies Yoga Therapy in Amsterdam. She integrates yoga therapy in her teachings to create a respectful and safe way of practicing yoga, adapting to individual needs, also in group sessions.



Margaretha teaches yoga joyfully in four different languages, including English, Italian, German and Dutch for all levels.

"I teach yoga by taking in consideration the person as whole; including the physical, psychological and emotional aspects of a human being. Creating a safe practice based on knowledge, respect and adaptations to one's needs. A powerful method with a down to earth, no-nonsense approach"

"Beautiful nature, outdoor activities and safe yoga is the best combination to come back to yourself and simply feel good again!"



***"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 energetic 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

Check in/Arrival	15:00 hrs
Check out/Departure	10:30 hrs
Internet	Free Wi-Fi for hotel guests
Parking	Free parking for hotel guests
Group size	4-8 participants
Yoga mat & equipment	Yoga mats & equipment available for free
Massage	Margaretha offers upon request professional massages in the hotel (additional charge)

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.



RESERVATION & INFORMATION

For more information, prices and reservations do not hesitate to contact Margaretha van den Broek by email or phone:

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For more information about the Eco Hotel Cristallina, please check the website: www.hotel-cristallina.ch

