



# Renew and Recharge

## YOGA AND SELF-CARE RETREAT

Our busy lives often leave little time for us to prioritize our health and wellness. This retreat will help you destress and feel nurtured from the inside out. Both gentle and active yoga practices, time for hiking or massages and delicious, nourishing food will bring a sense of inner peace and renewal. 4 days dedicated to self care will help you slow down and develop a positive connection to yourself on a deep level.

"Casa Santo Stefano" in Miglieglia consists of two lovingly restored 18th-century houses where you will find stylish simplicity, modern comfort and warm hospitality. The retreat offers tastefully decorated rooms, cozy Ticinese kitchens with open fireplaces, bright loggias and a grape-vine terrace with a pergola.

Miglieglia is a typical, peaceful Tessine village, nestling on a sunny slope of the Malcantone district with a picturesque mountain landscape and lush forests to explore.



## Retreat Teacher

KAREN KURZMEYER

Certified with Yoga Alliance International, RYT 500. I help busy professionals prioritise their health and well-being through yoga in order to create greater balance, clarity and stress-relief in their lives.

## Enrolment

Contact Karen Kurzmeyer for full details and to register  
[karen@karenkurzmeyer.com](mailto:karen@karenkurzmeyer.com)  
Tel: 078 732 25 51  
[www.karenkurzmeyer.com](http://www.karenkurzmeyer.com)

Rooms booked directly through Casa Santo Stefano  
[info@casa-santo-stefano.ch](mailto:info@casa-santo-stefano.ch)  
Tel: 091 609 19 35  
[www.casa-santo-stefano.ch](http://www.casa-santo-stefano.ch)



## Program

### Sunday 14 April 2019

From 14.00	Check-in
16.30	Greeting and Welcome Drink
17.00-18.15	Restorative yoga
18.30	Evening meal at Casa

### Monday 15 April - Wed. 17 April 2019

8.00-10.00	Energising morning yoga
10.00-11.00	Brunch
11.00-16.30	Free time (hiking, massage, reading, relaxing, conversation...)
16.30.-18.30	Restorative yoga
Mon and Tues	Evening meal in local restaurant (price not included)
Wed	Evening meal at Casa

### Thursday 18 April 2019

7.30-9.00	Gentle yoga practice
9.00-9.30	Vacate Rooms
9.30-10.30	Breakfast
11.30-12.00	Safe travels home

### Yoga Course

CHF 310 (excludes room and board)

### Rooms and Prices per person/night

1 Suite-dbl room w/ bath/toilet	CHF 100.-
Dbl room w/ ensuite shower/toilet	CHF 85.-
Single room w/ shower/toilet	CHF 95.-
Dbl room for single use w/ shower/toilet	CHF. 135./125./115*.

\*communal shower/toilet

2 vegetarian evening meals at Casa à CHF 35.-

### Massage

80 min. CHF 140, 55 min. CHF 90,  
25 min. CHF 55

*"Thanks to Karen, I realized that I love yoga, because it is teaching me to love myself. It is a beautiful feeling!"*

ALESSANDRA SPINGARDI

## Program Includes:

- Accommodation in simple, tastefully appointed rooms
- Hearty breakfast of homemade bread and jams and other tasty treats
- Fresh fruit, herbal- and black tea, cappuccino, espresso, latte macchiato available throughout the day
- Homemade cake for afternoon breaks
- 2 vegetarian evening meals at Casa
- Ticino Ticket (Free public transport, discounts on cable cars/attractions)
- Free parking near the Monte Lema cable car (100 meters from hotel)

## Save Your Spot

Contact Karen for full details and to register: [karen@karenkurzmeyer.com](mailto:karen@karenkurzmeyer.com)