



A Yoga and Meditation Weekend in beautiful late-summer Malcantone

September 2 – 5, 2021

with Michael Hamilton and Sabine Glück

In this weekend retreat Michael Hamilton and Sabine Glück guide you through daily morning and evening Sadhana including Mantra, Meditation, Pranayama and Asana.

The mornings are held in silence until brunch to support us in introspection, to establish us in awareness and presence and to connect us with what is our innermost truth.

After a rich brunch we explore the beautiful Malcantone landscape, meander through chestnut hills and beech forests, dip into mountain waters nurturing our heart and being with the abundance of nature.

The evenings we close with gentle restorative asana, meditation and talks, using inspiration from different wisdom traditions.

Daily schedule (subject to modifications)

Arrival Day – Thursday

2:00 – 5:00 pm	Arrival and Check-In
5.30 – 6.30 pm	Welcome
6.30 – 7.30 pm	Dinner
8.00 – 8.30 pm	Opening Circle

Friday and Saturday

6.45 – 7.00 am	Tea, coffee, fruits
7.00 – 8.00 am	Meditation and Pranayama
8.00 – 10.00 am	Asana, Mantra and meditation
10.00 – 11.00 am	Brunch
11.00 – 1.00 pm	Free time
1 – 4 pm	Explore the beautiful nature
4.30 – 6.00 pm	Gentle Yoga or discussion
6.30 – 7.30 pm	Dinner
8.00 – 8.45 pm	Meditation, afterwards silence

Closing Day – Sunday

6.45 – 7.00 am	Tea, coffee, fruits
7.00 – 9.00 am	Meditation and asana
9.00 – 9.30 am	Check-out
9.30 – 10.30 am	Brunch
10.30 am	Departure

Cost

Accommodation (paid to Casa Santo Stefano)

Double room: CHF 325

Double room, single use: CHF 415 - CHF 435

Single room: CHF 355

Cost includes:

- Accommodation in simple, tastefully decorated rooms, including linen and towel
- Hearty vegetarian brunch with freshly baked bread and other treats
- Fresh fruit, teas and coffee throughout the day
- Homemade cake in the afternoon
- 2 vegetarian evening meals on Thursday and Friday (Saturday we will go to a nearby restaurant)
- Free parking behind the Monte Lema cable car (100m from hotel)

Tuition teaching (paid directly to Michael)

CHF 190



Enrollment

To register and for further information:
michaelhamiltonyoga@gmail.com

Rooms booked with Casa Santo Stefano:
info@casa-santo-stefano.ch, Tel: 091 609 19 35

