



## Yoga, Meditation & Alchemy Crystal Sound Healing Retreat 21 -27 August 2022 Casa Santo Stefano, Miglieglia, Ticino, Switzerland

The hills are alive with alchemy crystal sound



Lama Brian Hilliard and Shannon van Staden will gently guide you at this mountain retreat in beautiful Malcantone, Ticino. Arise to gentle flow morning yoga followed by sonic meditation practice. Enjoy a delicious vegetarian brunch before resting, a mountain hike, or treating yourself to a massage. Afternoon tea is followed by meditation and relaxing yin yoga. Then you will end the day with the healing soundscapes of Alchemy Crystal Singing Bowls®. Get just the right balance of personal practice, stillness and movement, sophisticated and practical teachings, and plenty of space for me time. All levels of experience are welcome.

### Why this retreat?



Three practices uniting body, mind and spirit create the foundations for a renewed life. We have developed yoga, meditation and alchemy crystal sound healing to help you energise and reinspire, shake off old habits and revision life. The foundational view is that we are already perfect, pure and full of rich potential. Through knowing how to practice we can manifest all our inherent best qualities in all directions of our lives. The results are both immediate and long term. We discover joy in this very moment, and how it is the best way to travel our life path. Join like-minded people and share an unforgettable experience with Lama Brian Hilliard and Shannon van Staden.





## Schedule

### Arrival Day

14:00-16:30	Check in
16:30	Greetings and welcome drink
17:30	Opening Circle
18:30	Dinner

### Daily Schedule

7:00	Gentle Flow Yoga
8:30	Guided Sonic Meditation
10:00	Brunch
11:30	Free time
16:00-18:00	Meditation, Yin & Sound Healing
18:30	Dinner

### Departure Day

7:00	Gentle Flow Yoga & Meditation
9:00	Room check-out
9:30	Breakfast
10:30	Closing Circle
11:30	Safe Travels

## What's Included

- Simple and tastefully appointed rooms
- Yoga mats, props and cushions
- Lots of niches in and around the hotel for reading, discussions and quiet time
- Hearty vegetarian brunch with home-made breads, jams and tasty treats
- Herbal and black teas, capuccino/espresso throughout the day
- Fresh fruit throughout the day
- Homemade cakes for afternoon tea
- Ticino Ticket for free public transport, and discounts on mountain cable car and boats on the lake
- Parking close to hotel

## Registration

1) First book your room with Casa Santo Stefano.  
[info@casa-santo-stefano.ch](mailto:info@casa-santo-stefano.ch)  
 Tel: +41 (0)91 609 19 35  
[www.casa-santo-stefano.ch](http://www.casa-santo-stefano.ch)

### Rooms and price per person per night

Large suite with private bath CHF 100  
 Double room with private bath (separate beds) CHF 85  
 Single room with private bath CHF 95  
 Double room/single use, common bath CHF 115  
 Double room with private bath (Category A) CHF 135  
 Double room with private bath (Category B) CHF 125

### Guest tax

per person/day CHF 4

### Dinners

3 Vegetarian dinners at the hotel CHF 105  
 3 Dinners at local restaurants CHF 105

*Please ask the hotel if you have any questions about transport, accommodation, food, activities and massage.*

2) Then book your spot with Shannon.  
[info@crystalsingingbowlseurope.com](mailto:info@crystalsingingbowlseurope.com)  
 Tel:+32 (0)474 61 8889  
[www.crystalsingingbowlseurope.com](http://www.crystalsingingbowlseurope.com)

### Teaching Fee

595€

Your spot is reserved upon receipt of teaching fee.

CRYSTAL SINGING  
 BOWLS EUROPE

The Healing Power Of Sound

*"Lama Brian Hilliard and Shannon van Staden are leaders in their field when it comes to well being. They are expert guides - soft spirited, practical, full of empathy, tips and appreciation for the challenges of modern life. Shannon, on retreat, stylishly holds the space and ensures everything runs smoothly. Together they are a dream team on the wellness scene."*

- Daisy Finer, Spa and Health Writer