

Craving some me-time?



Come spend some time in the **Healing Room**

Soak up the warm spring sun, enjoy the charm of a small Italian town, find peace and quiet and have some fun. This is what you will experience at the idyllic retreat in Friuli, south of the Dolomites.

We practice yoga and meditation together, identify wild herbs, do energetic group exercises and dedicate ourselves to our personal healing room.

In between, there will be plenty of time for relaxation, „Italianità“ and fine Italian food in the picturesque little town of Sacile, also known as the "little Venice".

Location: Sacile, Italy (one hour from Venice)

Date: 28 April - 4 May 2024 (the seminar ends on 4th May after breakfast)

Cost: Fr. 495.- (Early Bird until 31 January), thereafter Fr. 525.-

Course management and information: Marlene Zarins, naturopath & homeopath and Kundalini yoga teacher

Does this appeal to you? Then register here:
marlenazarins@icloud.com | 044-256 80 20
www.marlenazarins.com

You will receive further information after registration.

