

mindbody
collective

SILENT
YOGA &
MEDITATION
RETREAT



Dear silence seeker

We warmly invite you to join us on our next journey inward.

In addition to your nourishing meditation and yoga practice, you can warm up in the sauna, enjoy delicious vegetarian meals or explore the surrounding countryside.

Come as you are.

01.05.-05.05.2024



LOCATION

We've chosen a charming retreat center in Ticino. „Casa Corvo“ is a true oasis nestled in the historic center of Novaggio.

www.casacorvo.ch

PACKAGE

5 days
6 yoga sessions (hatha & yin)
seasonal vegetarian brunch & dinner
snacks in-between
unlimited access to sauna

note: massage treatments can be booked separately

SCHEDULE

(might change)

7.00 am	meditation
8.00 am	yoga (taught in English)
9.30 am	meditation
10.15 am	brunch
11.45 am	walking meditation
12.30 pm	free time
3.00 pm	meditation
3.45 pm	walking meditation
4.30 pm	yoga
5.30 pm	walking meditation
6.15 pm	dinner
7.30 pm	dharma talk (recordings)

YOUR CONTRIBUTION

single room	1350 CHF (early bird 1250 CHF)
double room	1150 CHF (early bird 1050 CHF)
triple room	1050 CHF (early bird 950 CHF)

MORE INFO & REGISTER

www.mindbodycollective.ch

We look forward to being with you, Christin (IG: @dr.christincaplan) & Stefan