

29-30 AUGUST 2020

Vallemaggia, Tessin (CH)

Innerwalk Project
WATERFALLS
Tour



Guidelines and Informations
about our Innerwalk Maggia Tour



innerwalk
PROJECT

THANKS FOR SIGNING UP!

INNERWALK 2DAYS TOUR: WHAT'S UP?

♥♥♥ WELCOME TO INNERWALK!

You'll get the opportunity to dance for 2Days in Nature, exploring some magical spots in Valle Maggia, Ticino.

Wild, powerful, peaceful places, to guest our Innerwalk Yoga and Ecstatic Dances far away from the city and the digital world.

A truly integrated experience in Nature that nourishes both mind and body. The result will be to deepen your inner and outer perception focusing on Love, Health and Healing. As we disconnect from our Tech devices, we reconnect with ourself, with our community, with nature.

Movement will help you to free your emotions and Nature will be there to hold and support your process.

INNERWALK PROJECT





OUR GUIDELINES

We will suggest some basic RULES to live together during those days;

- Limited time for Digital Technology
- No Work-Talk
- No Stress
- No Anxiety
- No fear of express yourself.

As a mantra, we will promote:

- Cultivating Love & Awareness
- Decompressing & Reconnecting to Nature

- Clarity, Vision & Enhanced Creativity
- Gratitude

People attending our Innerwalk Day Tours can truly discover the power of a safe group to encourage positive energy and presence:

"An experience to truly plug-in to life. Dance in Nature will help you to release anxiety, stress, depression & digital overload."

01 WHAT'S INCLUDED?



WE ARE OFFERING:

- Mindful Walking
- Ecstatic Dance in Nature
- Wim Hof Breathing Method
- Kundalini Yoga
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From 11 - 18:30 pm enjoying the day with breaks and eating pic-nic, gathering nights, manifestation ceremonies.

Bring Swim Suit, Towel, Water, Food, Spoons to eat, Block Notes, Credit Card if you don't have Swiss CHF, Warm Clothes, 2 Changes of Clothes, Music Instruments, Smile !

FERRAGOSTO WEEKEND OPTION

SATURDAY 29TH AUGUST

- 11:00 – Arrivals at Giumaglio Waterfall and Introduction guided by Innerwalk Project.
- 12:00 – First Innerwalk Silent Ecstatic Dance Journey at Giumaglio Waterfall.
- 13:30 – Pic-Nic Lunch.
- 15:00 – Moving to the Second Energetical place in Maggia Valley.
- 15:30 – Second Innerwalk Silent Ecstatic Dance Journey in Nature.
- 18:00 – Dinner.
- 19:30 – Manifestation Ceremony
- 20:30 – Innerwalk Closing Party Ecstatic Dance.

(Sleeping Suggestions provided)

SUNDAY 30TH AUGUST

- 08:00 – Awakening of the soul.
- 08:30 – Morganic delicious breakfast.
- 09:30 – Guided walk to the third energetical spot in Maggia Valley.
- 10:30 – Innerwalk Silent Ecstatic Dance Journey in Nature.
- 13:30 – Pic-Nic Lunch.
- Siesta / down time / treatment
- 18:00 – Closing Ceremony.



INNERWALK TEAM

We will offer our tools to allow a full expression of yourself!

Swiss Italian Team is composed of Michela Di Savino, Innerwalk founder, Yoga & Dance Teacher and Felipe Carrera, Ecstatic Dance DJ, Yoga Teacher from Milan. We made a lot of experience in our lives, learnt many different approaches to work on bodies and minds.

Our retreats focus on smaller groups of people. This allows us to give each participant the attention they need during their experience. "We are sure we can tune the group of participants into their "better" selves, creating a place of safety where they can fully express."



MICHELA DI SAVINO
Innerwalk founder



FELI PE CARRERA DJ
Ecstatic Dance DJ





MAGGIA VALLEY

The Valle Maggia, called Val Sambuco in its upper section, descending as Val Lavizzara and known as Val Maggia from Bignasco to the valley entrance, is one of the longest Alpine valleys in Canton Ticino and covers together with its branch valleys 568 square kilometres, which is around one fifth of the entire area of Canton Ticino. It has diverse landscapes and terrains: the upper sections, especially the branch valley Val Bavona that forks off at Bignasco, has Alpine

scenery with high peaks, whereas the lower sections descending to the valley entrance at Ponte Brolla enjoy a mild climate and picturesque valley landscape. Many of the remote branch valleys have been depopulated by emigration, leaving deserted mountain pastures and hamlets, while in other parts of the valley, many typical rustic buildings have been converted into holiday homes. The centre of tourism in the Valle Maggia is the neighbouring villages of Bignasco, Caveragno and Cevio.



MAGGIA VALLEY

The banks of the Maggia are an ideal place to relax. The Maggia finds its way from the glacier at Basodino through the valley, several impressive waterfalls like Maggia, Giumaglio, Bignasco and small natural pools for bathing in Ponte Brolla and Aurigeno. Another Highlight is Church of San Giovanni Battista in Mogno (Val Lavizzara) by famous Swiss architect Mario Botta.

"Thank you for choosing to celebrate the end of August with Innerwalk Project and its magic and breathtaking Adventures!!"

For any additional info:

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