

# Yoga & Climbing Weekend Ticino

A unique wellness experience with the perfect  
balance between physical activity and deep relaxation



# Climbing & Yoga

Climbing and Yoga may at first, seem two very different disciplines with perspectives and a vision apparently incompatible. On closer inspection however, analyzing them in what is their essence and their deeper meaning, it emerges that they have actually much more in common than expected, from the physical as from the psychological and spiritual point of view.

During this vacation, we will explore together the relationship between these two fascinating disciplines. To be able to climb in a harmonious way, we need a deep body awareness, proper breathing and focus of thought in the here and now, as far as necessary in the practice of yoga. In this way, we can come to the realization that climbing can be experienced as an intensive form of yoga.

The practical yoga exercises such as body postures (asanas), breathing techniques (pranayama) and meditation, will take you in the exploration of body and mind. This is intend to understand and to know oneself more deeply so that one can discover and experience climbing with a different and a more complete perspective.

Mountain guide Mauro Rossi and yoga teacher Margaretha van den Broek will accompany you during this unique experience to explore that climbing is not only pure strength or the achievement of a summit but as a mean of deeper awareness and personal growth.

**A unique and regenerating journey for a lasting positive transformation in the magical beauty of Vallemaggia.** For couples, singles and families!



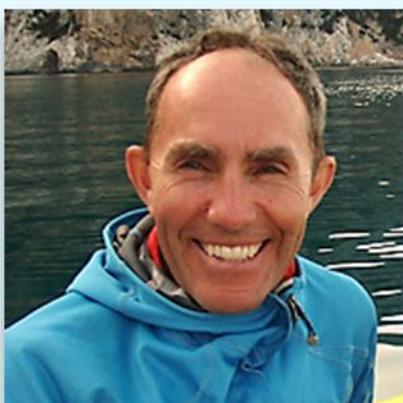
## ALPINE GUIDE

**MAURO ROSSI**, alpine guide and mountaineering teacher since 1980. Born in Kenya from Italian parents and came back to Italy when he was 8 years old. He graduated in science but the preserved impressions of Africa's nature and its essence as well as his solitary explorations in the forest, inevitably led him to the mountain, to climbing, to exploring and to seeking new ways in the Alps, in the Himalayas, in Patagonia...



His travels in the mountains and on the rock walls have brought him great richness and led him to the practice of various healing techniques and to meditation.

Mauro carries out his activity as a reliable and serene alpine guide not only by accompanying people in the mountains and by teaching climbing techniques but by sharing passionately, the essence of the wonderful natural places visited.



## YOGA TEACHER

**Margaretha van den Broek** is an international certified Hatha Yoga teacher and also a massage therapist and beautician.

She was born in Holland, travels professionally and privately around the world like a real globetrotter for already over 15 years, and has accumulated important personal and professional experiences in renowned 5-star hotels.



She joyfully teaches Yoga in four different languages (EN/D/IT/NL) for beginners, intermediate and advanced practitioners without effort.

Margaretha feels easily at home everywhere, but Ticino has a very special attraction to her. She enjoys the many natural resources of Ticino to the fullest and loves to share this with everybody: "Everyone should have the opportunity to practice Yoga in such a beautiful, pure and peaceful environment!"

Margaretha: "Yoga is not just an hour session a day for me. My life is Yoga or Yoga is my life, I try to give a certain value to everything I do. At every moment of the day, I try to seek and to keep contact with myself. In that way I always find happiness in every little thing."



My goal is, when I teach yoga, that one comes into contact on a deeper level with oneself, to have the opportunity to gain more self-knowledge and balance so that the essence of one's life becomes more and more noticeable and visible.

## PROGRAM CLIMBING & YOGA WEEKEND - TICINO

Date 15 – 17 September 2017 (3 days/2 nights)

### Friday 15.09.

Arrival at Eco Hotel Cristallina between 13:30 and 15:30

16:00 Welcome Drink e check climbing equipment

17:00 Yoga session with Margaretha

19:00 Dinner at Eco Hotel Cristallina



### Saturday 16.09.

08:00 Yoga session with Margaretha

09:00 Breakfast at Eco Hotel Cristallina

10:00 3 hours of climbing with Mauro at Ponte Brolla (with lunch pack)

14:00 Free time (massage with Margaretha on request)

18:00 Yoga session with Margaretha

19:30 Dinner at Eco Hotel Cristallina

### Sunday 17.09.

08:00 Yoga session with Margaretha

09:00 Breakfast at Eco Hotel Cristallina

09:45 Check out

10:00 3 hours of climbing with Mauro at Ponte Brolla (with lunch pack)

14:00 Good bye

## **ECO HOTEL CRISTALLINA**

Ecology is considered of primary importance to balance the quality of services offered at the Eco Hotel Cristallina. We identify ourselves with a natural way of life and we do our best to establish a harmonious and sustainable relationship with nature and its resources.

A healthy environment through minimal energy consumption and a pleasant atmosphere that invites to get away from everyday life characterizes the hotel.

*"We are part of nature and as part of this valley we give shape to it with our activities. So we give our best to emphasize and promote the natural beauties of the place, the history, the culture and the cuisine".*

### **Accommodation**

All rooms are non-smoking rooms, (excluding terraces). Hairdryers and toiletries are available to customers in all bathrooms. To promote sociability among the guests, we intentionally excluded radio and television in the rooms.

### **The food - Restaurant**

Eco Hotel Cristallina proposes fresh products from organic and regional harvests, including from their orchard. They also give particular attention to vegetarian cooking and to their mainly wholegrain homemade pastas, which flour is freshly ground to preserve their flavour and to guarantee authenticity. The menu regularly offers ethnic dishes from culinary cultures as far away as India or the Middle East, and accommodates guests with food allergies or intolerances. On request, they prepare meals for various types of diets: lactose or gluten free and dishes for guests who prefer vegan cuisine.

The day begins in the spacious and bright ground floor dining room or on the terrace with a rich and entirely organic breakfast buffet: honey and mountain cheeses, a variety of fresh bread, homemade jams, fresh fruit and hand-milled cereals and flakes.

## GOOD TO KNOW

### Check in/Arrival

Friday between 13:30 and 15:30

### Check out/Departure

Sunday until 10:30 (the hotel provides free luggage storage and a shower for after the climbing)

### Participants

4 – 10 persons

### Reservations

Single booking accepted

### Yoga mat

Provided for free

### Meditation pillow

To bring your own

### Massage

On request, Margaretha offers professional massages directly at the hotel (CHF 80/hour)

### Extend your stay

Availability on request

### Weather

In case of rain the climbing activity will be indoor (Entrance and transfer not included)

### Level

Suitable for beginners and advanced climbers, for adults and children from 8 years old

### Equipment to bring:

- Climbing harness
- Climbing shoes
- Helmet
- 2 Carabiners with lock
- Climbing chalk
- 12 Quickdraws
- 1 Rope of 70m. for every 2 persons (if possible)
- Rucksack



## ACCESSIBILITY

Eco Hotel Cristallina is easily accessible by car or by public transport:

### Arriving by public transport

**Train:** Take the train to Locarno and continue your journey by bus into the Maggia valley.

**Bus:** Take the bus from Locarno to the Maggia valley (Vallemaggia) Line 315, every hour, Duration 32 min. Disembark at Coglio and walk in 2 min. to Eco Hotel Cristallina.

### Arriving by airplane

The nearest airport is Milan - Malpensa Airport (MXP) at approx. a 2-hour drive and Zurich Airport (ZRH) at approx. a 3-hour drive.

## PRICES

RATES PER PERSON, 15-17 September 2017

### Complete package inclusive hotel, full board, climbing and Yoga

ROOM	PRICE	CHF
DOUBLE ROOM with shared TOILET/SHOWER on the corridor	CHF	490.00
1 PERS. OCCUPANCY	CHF	550.00
DOUBLE ROOM with TOILET/SHOWER	CHF	530.00
1 PERS. OCCUPANCY	CHF	580.00
DOUBLE ROOM with TOILET/BATHTUB	CHF	540.00
3 PERS. OCCUPANCY	CHF	510.00
DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	560.00
1 PERS. OCCUPANCY	CHF	620.00
GRAND DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	570.00
3 PERS. OCCUPANCY	CHF	530.00

## What is included?

- 2 Hotel nights at Eco hotel Cristallina depending on the chosen room
- Welcome Drink at arrival
- 2 x Rich organic breakfast buffet incl. local products
- 2 x Organic lunch (at the hotel restaurant or a lunch pack for the excursionists)
- 2 x Organic dinner (3 courses) \*
- Tea and dried fruits before the Yoga session
- Vitalized drinking water with/without gas
- 4 x Yoga sessions
- 2 x Climbing with alpine guide (3 hours)
- Climbing equipment for common use
- Yoga mat
- Wireless Internet
- Parking
- Tourist tax and VAT
- Public transport for entire Canton Ticino (valid upon arrival at the hotel until the departure day) and attractive discounts for cable cars and lake boat tours.



\*N.B. All meals are vegetarian or vegan (non-vegetarian and lactose/gluten free also available on request)

## What is not included?

- Travel costs from and to Eco Hotel Cristallina
- Rental climbing equipment
- Insurances
- Transfer from the hotel to the climbing wall and back
- Snacks
- Drinks
- Massage (CHF 80/hour)
- Extra excursions and activities
- Transfer and entrance Indoor Climbing (only in case of rain)
- Anything not specified in the included services

## ALTERNATIVE PACKAGES

Do you have a partner who doesn't climb but would like to enjoy Yoga and Ticino? Or do you already have a place to stay and would you like to participate only in the activities? No problem! We offer fantastic alternatives:

- Hotel with full board and Yoga
- Program Yoga and climbing (with possibility of having meals at the hotel)

### Hotel with full board & Yoga:

DOUBLE ROOM with shared TOILET/SHOWER on the corridor	CHF	340.00
1 PERS. OCCUPANCY	CHF	400.00
DOUBLE ROOM with TOILET/SHOWER	CHF	380.00
1 PERS. OCCUPANCY	CHF	430.00
DOUBLE ROOM with TOILET/BATHTUB	CHF	390.00
3 PERS. OCCUPANCY	CHF	360.00
DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	410.00
1 PERS. OCCUPANCY	CHF	470.00
GRAND DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	420.00
3 PERS. OCCUPANCY	CHF	380.00

### Climbing & Yoga:

Package activities only	CHF	290.00
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<b>OTHER COSTS (IF NOT YET INCLUDED)</b>		
Dinner with the group	CHF	25.00
Breakfast	CHF	15.00
Dinner	CHF	15.00
Rental personal climbing kit per day (Safety belt, helmet, carabiners, climbing shoes)	CHF	25.00

## LEISURE ACTIVITIES AND EXCURSIONS (OPTIONAL)

- Have a refreshing swim in the crystal clear waters of the mountain river Maggia
- a cooling plunge under the magic waterfalls in the area
- Mountain and valley hikes
- E-Biking
- Massage
- Many energetic power places to visit nearby
- Visit many of the characteristic mountain villages of Vallemaggia
- Visit the famous Valle Verzasca
- Visit Lago Maggiore with it's beautiful port towns Locarno and Ascona
- And many more to visit nearby: <http://www.ascona-locarno.com>

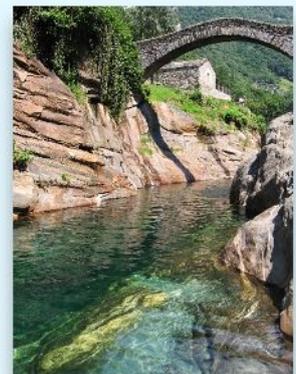
### Ticino and the surrounding

Ticino is the Italian-speaking region in the south of Switzerland and is famous for its sunny weather and Mediterranean influence, its palm-fringed lakes, for its architecture and for its cuisine.

The **Verzasca valley** applies as a hotspot for adventurers and romantics with its picturesque bridges, villages and crystal-clear, deep green waters.

The **Maggia Valley** attracts attention with its impression of granite and green, its many waterfalls and mountain lakes, glaciers and eternal snow.

In summer, the river is a coveted destination for lazing in the warm sun and to cool off in the fresh water. Following the waterways of the Maggia Valley between the rocks smoothed by the river, you discover many magnificent natural rock pools of various shades of blue and small beaches with the finest sand.



## Nearby

- Locarno/Ascona - 20 min.
- Locarno Train Station - 30 min.
- Lugano – 1 hour
- Lugano Airport (LUG) – 1 hour
- Milan-Malpensa Airport (MXP) – approx. 2 hours
- Zürich Airport (ZRH) – approx. 3 hours



## REGISTRATION & INFORMATION

### Mauro Rossi

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Tel.: + 41(0)79 418 04 81

www.cuorediguida.it

### Margaretha van den Broek

margreetvdbroek@hotmail.com

Tel.: +41 (0)76 709 99 20

Facebook: Yoga Discovering

**Info Eco Hotel Cristallina:** [www.hotel-cristallina.ch](http://www.hotel-cristallina.ch)

Term of entry / Registration until: 5 September 2017

A registration fee of CHF 290. - \* is required to guarantee your booking and must be transferred before the term of entry to the following account:

CH24 0825 2010 8732 P000 C

Swift: POSOCH22

BPS SUISSE SA CH-6600 LOCARNO

VAN DEN BROEK ANNA-MARGARETHA

Via Ferrera 89

6612 Ascona

The left over balance has to be paid upon arrival at Eco Hotel Cristallina.

Please note as remark: **Climbing & Yoga Ticino September** and your **name**

### Cancellation

In case of cancellation by the participant:

- Full refund: until 5 September 2017

- No refund: from 5 September 2017

Full refund in case of cancellation by the organization

