



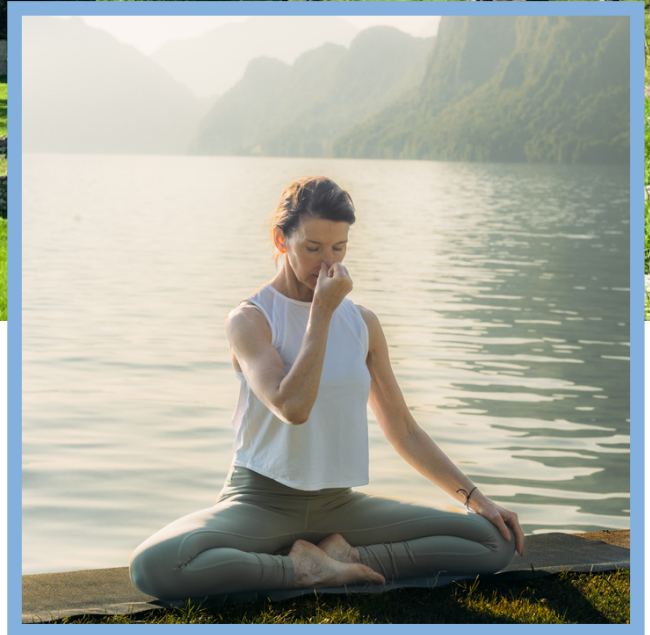
Spring Renewal

YOGA AND SELF-CARE RETREAT

Our busy lives often leave little time for us to prioritize our health and well-being. This retreat will help you destress and through connecting to the cycles of nature, feel nurtured from the inside out. Both gentle and active yoga practices, time for hiking or massages and delicious, nourishing food will bring a sense of inner peace and renewal. Time dedicated to self-care will help you slow down and develop a positive connection to yourself on a deep level.

"Casa Santo Stefano" in Miglieglia consists of three lovingly restored 18th-century houses where you will find stylish simplicity, modern comfort and warm hospitality. The retreat offers tastefully decorated rooms, cozy Ticinese kitchens with open fireplaces, bright loggias and a grape-vine terrace with a pergola.

Miglieglia is a typical, peaceful Tessine village, nestling on a sunny slope of the Malcantone district with a picturesque mountain landscape and lush chestnut forests to explore.



Retreat Teacher

KAREN KURZMEYER

Yoga teacher | Self-Care Coach |
Retreat leader | Integral Facilitator.
Karen bridges leadership, yoga and mindfulness, creating spaces for stillness, movement, and self-inquiry that spark transformation.

Enrolment

Contact Karen Kurzmeyer for full details and to register
karen@karenkurzmeyer.com
Tel: 078 732 25 51
www.karenkurzmeyer.com

Rooms booked directly through Casa Santo Stefano
info@casa-santo-stefano.ch
Tel: +41 (0)91 609 19 35
www.casa-santo-stefano.ch



Program

Sunday 17 May 2026

From 14.00	Check-in
16.30	Greeting and Welcome Drink
17.00-18.15	Restorative yoga
18.30	Evening meal at Casa
20.15 - 21.00	Evening Meditation, Reflection, Q & A

Monday 18 May – Wednesday 20 May 2026

8.00-10.00	Meditation, Pranayama, Energising morning yoga
10.00-11.00	Brunch
11.00-16.30	Free time (hiking, massage, reading, relaxing, conversation...)
16.30-18.00	Mindful Yin, Restorative or Yoga Nidra Meditation Practice
Tues and Wed	Evening meal in local restaurant (price not included)
Thurs	Evening meal at Casa
Thurs 20.15	Evening Meditation, Reflection, Q & A

Thursday 21 May 2026

7.30-9.00	Gentle yoga practice
9.00-9.30	Vacate Rooms
9.30-10.30	Breakfast
11.30-12.00	Safe travels home

Yoga Course

CHF 420 (excludes room and board)

Room per night (excluding tourist tax)

Single Room Standard from CHF 95.00
 Double Room Standard from CHF 160.00
 Double Room for Single Use from CHF 115.00

All Meals Package at the Casa CHF 144
 (to be paid on site)

Massage: Lomi Lomi, Classic, Reflexology, Lymphatic Drainage

Prices start at CHF 105 for 50 minutes.

The yoga retreat will be led in English.

"Karen is such a gifted instructor. Her voice is so calming and she makes everyone feel like they are doing enough regardless of their yoga or meditation experience."

KARA FORTE

Program Includes:

- 4 nights in bright, peaceful, tastefully appointed rooms
- 4 generous vegetarian brunches
- 2 vegetarian dinners at the Casa
- Organic coffee, tea and seasonal fruits available throughout the day
- Afternoon snacks
- Free parking at the Monte Lema cable car
- Ticino Ticket (free local public transport during your stay)

Save Your Spot

Contact Karen for full details and to register: karen@karenkurzmeyer.com