

JIVAMUKTI YOGA & CREATIVE EXPRESSION RETREAT
Meditation Yoga Journaling Movement Improvisation
SUMMER 2027, 22. – 26. August
Casa Santo Stefano, Ticino
with Anne-Sophie & Zehra



In this special Jivamukti Yoga and creative expression retreat, Anne-Sophie and Zehra will guide you through yoga, meditation, movement, breath and writing, creating space to awaken creativity, self-awareness, and new ways of sensing, moving, and expressing.

Are you curious to discover your creativity through experimental practices, fueled by curiosity and wonder with other like-minded women?

Nestled among rolling hills of the Malcantone in Ticino, this retreat offers space to step away from daily distractions and reconnect with yourself.

Are you ready to take a moment to feel completely embedded within the presence of nature, breath, movement and creative reflection to pay attention to things that would otherwise go unnoticed?

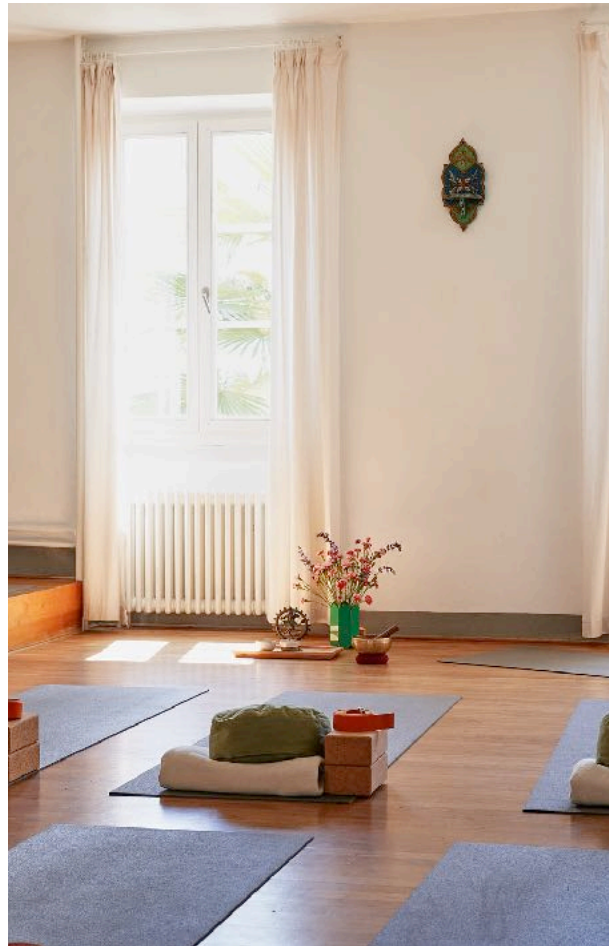
WHAT TO EXPECT

Uplifting Jivamukti Yoga in the morning, creative expression workshops in the afternoon, and restorative practices, meditation or Yoga Nidra in the evening will challenge and balance you equally, bringing you a sense of lightness.

Together we will become part of a mycelial network woven into the fabric of collective creativity and embrace our own.

Mornings in silence and being offline (no phones, laptops etc) at all times will support your inner vision and stimulate your creative self, as

silence acts as a thread that links one moment to the next. Between the sessions we will enjoy nourishing food, read, rest, take a refreshing dip, connect and walk in the magical hills.



DAILY PROGRAM

Morning

Silent Meditation, chanting, energizing Jivamukti Yoga

Afternoon

Creative Workshops, different options each day.
Movement & Dance, Journaling & Writing

Evening

Meditation or Yoga Nidra or Restorative Yoga

RETREAT LOCATION

Casa Santo Stefano is a peaceful retreat center in Miglieglia, Ticino and can be easily reached by public transport. Chestnut forests, nature trails, and beautiful landscapes invite you to reconnect with nature.

ACCOMMODATION

Comfortable single and double rooms are available, with either private or shared bathroom facilities. Rates vary depending on the room type selected.

FOR WHOM

This retreat welcomes women of all ages and backgrounds who are curious to explore movement, creativity, and inner reflection. No artistic experience is required. Basic yoga knowledge is recommended.

Be surprised by how strangers can co-create and move together in harmony, tuning into one another's presence observing and listening.

PRICING

- Retreat Fee: booked & paid directly with the retreat facilitators
- Accommodation & Meals: booked & paid separately at Casa Santo Stefano.

Retreat Fee CHF 480, Includes:

- 5 days of practice and exploration
- 14 yoga, meditation, and creative sessions
- Ongoing guidance and support from Zehra & Anne-Sophie

Accommodation, Indicative room rates per night

- Standard Single Room from CHF 105.00
- Standard Double Room from CHF 160.00
- Standard Double Room Single Use from CHF 115.00

Note: Rooms must be booked via the "Book a Room" button below the retreat description on the Casa website.

Meals at Casa, Includes

- 4 Yogi Brunches
- 2 Vegetarian Dinners
- Organic coffee & tea available all day
- Seasonal fruit available all day
- Afternoon snack

Meal package CHF 144.00 > payable on site

Note: Two evening meals take place outside the Casa and are not included in this package.



INTERESTED?

Email us at
info@annfeeyoga.com
to receive the
registration link.

After registration, you
will receive all the
details for booking your
accommodation with
the retreat center.

WITH WHOM

Anne-Sophie and Zehra first met a few years ago at a yoga workshop and felt an immediate connection. As years passed, they inspired each other through their unique gifts and passions and have worked closely together as teacher and assistant, deepening their collaboration through countless classes, retreats, and conversations.

This retreat marks the first time they are co-creating a project that fully brings together their individual gifts. Together, they offer a balance of experience and new vision, creating a space where their different strengths, knowledge, and wisdom can meet and inspire one another.

ZEHRA

Zehra writes poems and short essays to share the magic hidden within ordinary experiences. For her, art reveals and enriches our perception of the world. A certified yoga teacher and amateur contemporary dancer, she honors the body as a vessel for expression and transformation.

Drawing on her experience in coaching and leadership, she holds space with compassion and empathy, supporting each individual's unique journey toward self-realization and inner freedom. Through journaling, writing, and storytelling, she will take you on a journey into the depths of your inner landscapes.



ANNE-SOPHIE



For over four decades, Anne-Sophie has passionately explored movement as a source of creativity, presence and transformation. As a professional dancer, choreographer, certified yoga teacher, bodyworker and healer through touch, she brings a rare combination of artistic expertise, embodied knowledge, profound understanding of the body and safe guidance to her work.

Deeply rooted in the world of dance and known for her gift in movement and improvisation she skillfully creates spaces where curiosity, spontaneity, and authentic expression can flourish. Her intuitive approach invites participants to move beyond familiar patterns, trust their intuition, and engage with movement as a living process of exploration, creativity, and discovery.

An invitation to reawaken your natural power, drawing inspiration from nature and other wise and powerful females around you.