

INTO PRESENCE

Time to Be

4 DAYS
JUST FOR YOU

A Weekend to Recharge and Reset

Immerse yourself in the tranquility of the Ticino mountains and gift yourself a mindful retreat for body, mind and soul. Time to let go, recharge and reconnect with yourself and with nature.



DAILY YOGA AND
MEDITATION PRACTICE



PRANAYAMA AND MINDFULNESS



SWIMMING IN CRYSTAL-CLEAR
NATURAL POOL BY THE WATERFALL



DELICIOUS VEGETARIAN CUISINE



TIME TO RELAX AND RECHARGE

Personal. Mindful. Authentic.



19–22 AUGUST 2027
Thursday to Sunday



CASA SANTO STEFANO
Miglieglia, Ticino



SMALL GROUP

INFO & BOOKING

www.yogawithsandra.ch/retreats
<https://casa-santo-stefano.ch/>



yoga.with.sandra