

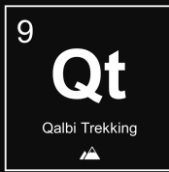
The new essential element

Italia Due

2024

Your Qalbi adventure is Back!

The return of the Italian Retreat combining trekking and Yoga



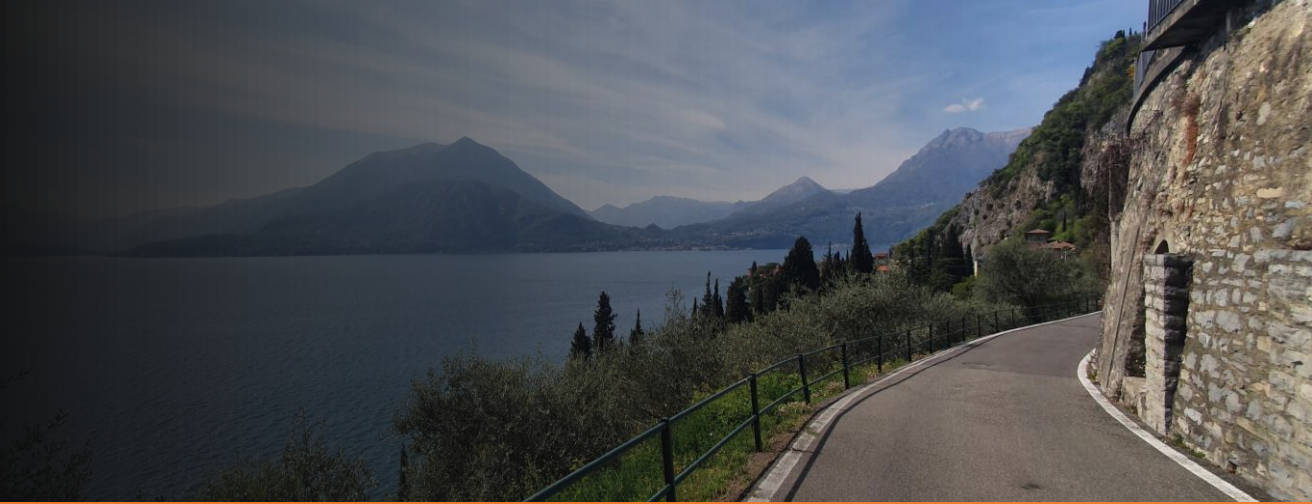
We are going back to Como!

Qalbi Yoga is pleased to announce a second tour of the wonders that Lake Como has to offer.

Between the 8th April and the 12th April 2024 we are offering a retreat at Lake Como in the small and secluded hotel which featured in last year's retreat

The theme of this retreat is to combine the benefits of Yoga, the natural wonders of trekking in the Alps, fine Italian food (and wine) with the opportunity to explore the many tourist attractions of the surrounding area.

The hotel has an indoor and outdoor Yoga space. Located in Rongio it is linked to more walks than any other place on the lake. The hotel is also happy to welcome dogs.





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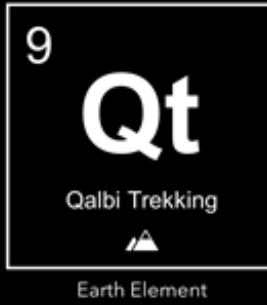
Maria Pettman

Maria is a Yoga Alliance Qualified Vinyasa Yoga teacher and Yin yoga teacher.

She has worked in healthcare for over thirty years, with an MSc in Advanced Nurse Practice, clinical prescribing qualification she is currently a nurse consultant with JAG registration Bowel Cancer Screening.

Her initial interest in natural health stemmed from the indigenous Australian communities she worked with in the 90's. She went on to qualify in reflexology, therapeutic massage and aromatherapy





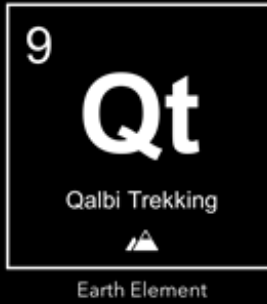
Yorick Pettman

Yorick has known the mountain range, known as the Grigne, since his childhood. He has spent over 30 years discovering every which way to get to the top.

Yorick has guided many walks in these mountains for friends and family (some more enthusiastic than others)

These mountain ranges reach 2403 meters a change in altitude of 2000 meters from Al'Verde Hotel.





Kieren Rai

Kieren joined us on the first Como Retreat as a Mountain Guide and most importantly as **Quiz Master**.

He is a keen footballer and very fit. In order to bring him down to my pace I give him all the heavy stuff to carry!

Kieren acts as anchor man on the walks making sure we never lose anyone at the back of the pack.

He is also the official photographer on the long walks.





The new essential element

Yasmin Castle






Yasmin is a qualified Hatha and Yin yoga teacher. She has been formulating retreat yoga sessions on our Greek and Italian retreats for the last 4 years and has developed popular and challenging flows

Yasmin is passionate about Yoga and loves how it has increased her energy, muscle strength and tone.





Program

Monday	Vinyasa Yoga 7:30 – 9:00	Free time	Yin Yoga 18:00 – 19:00
	8:30 start: Walk 		Free time
Tuesday	Vinyasa flow 7:30 – 9:00	10:30 start: Walk 	
	Free time	10:30 start: Walk 	
Wednesday	Vinyasa Yoga 7:30 – 9:00	Free time	Slow Flow 18:00 – 19:00
	8:30 start: Walk 		Free time
Thursday	Vinyasa Yoga 7:30 – 9:00	Free time	
	Free time	Free time	
Friday	Vinyasa Yoga 7:30 – 9:00	10:30 start: Walk 	Slow Flow 18:00 – 19:00
	Free time	10:30 start: Walk 	

5 Days Monday through to Friday

Breakfast 8:00 – 10:00 am

Gentle walks to `Capelleta`, Streams and Waterfalls,

Strong walks to `La Gardata`, Mountain village of Era

Big walks to Rif Rosalba, Rif Bietti

All walks will be dependent on weather conditions group capability.

Other days free to explore the lake or catch the train to Milan / Bergamo.

Wednesday: Quiz night

Package

Yoga program - £ 300 (includes any Trekking)
Trekking only program - £ 150

Accommodation and Transport are not included.

The hotel will be booked from Sunday 7th to Saturday 13th of April

The venue we are using Al'Verde has 13 rooms.
8 Doubles (85), 4 Triples (110), 1 Quad (135)
price per room per night in Euros

All prices include Breakfast.

Lunch and Evening meals are served at the restaurant if required and was a good standard. There are many great restaurant in the area if you have transport and wish to be more adventurous.

Transport

There is plenty of parking at the hotel it is near the town of Mandello that has a railway station. The nearest airport is Bergamo @1 hrs drive. Milan has another two airports that are within 2hrs drive.

Last year taxis where very hard to get from Mandello so a car is recommended if the 40-minute walk into town is too much.



Booking

The rooms as far as possible will be allocated on a first come first serve basis.

You can secure your room on receipt of a deposit for the sum of the Yoga and or Trekking that you wish to purchase.

The accommodation will be settled on departure

Once the accommodation has run out there are other Air B&B options nearby, but these must be booked independently.

Breakfast for non-residents is 10 Euro per person.

When registering a booking please contact

maria.Pettman@simaptech.com or whatsapp +44 7880 904039



