

# Italia Uno

The new essential element

A new Qalbi adventure starts here

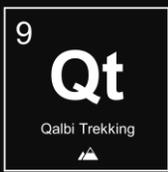
The inaugural Italian Retreat combining trekking and Yoga



The new essential element



The luxury element



Earth Element

# After 5 Years of Popular Retreats in Halki

Qalbi Yoga is pleased to announce a new retreat with a twist.

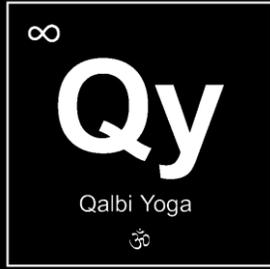
Between the 29<sup>th</sup> May and the 2<sup>nd</sup> June we are offering a retreat at Lake Como in the small and secluded hotel where many moons ago we had our wedding reception.

The theme of this retreat is to combine the benefits of Yoga with the natural wonders of trekking in the Alps.

In common with our Halki Retreats we also able to offer beauty and therapeutic treatments.

The Venue has a special sentimental valuer to us as it is where we celebrated the reception on our wedding day 16 years ago.





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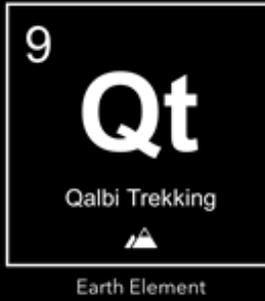
## Maria Pettman

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

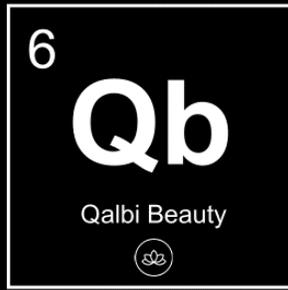
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Yorick has known the mountain range, known as the Grigne, since his childhood. He has spent over 30 years discovering every which way to get to the top.

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.





The luxury element

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## Yasmin Castle

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Yasmin is certified beauty therapist with an honours degree in fine art from Manchester Metropolitan.

She is also a qualified Hatha and Yin yoga teacher.





# Program

## Yoga Program

2 ½ hours Morning Yoga – Mixture of Hatha and Yin

5 Days Monday through to Friday

Breakfast 10 am

Afternoon treks on 3 days to Capelleta, Streams and Waterfalls, La Gardata, Mountain village of Era

## Trekking Program

2-3 Long walks (4-6 hours of strenuous walking) Rif Rosalba, Rif Brioschi

1-2 Shorter treks possibly linking with Yoga afternoon walks

All walks will be dependent on weather conditions group capability.

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

## Beauty and Therapies

Treatments provided by Yasmin on site on a pay as you go basis.



# Package

Yoga program - £ 250  
Trekking program - £ 100

This is the first year we are running the retreat in this location and the introductory price reflects this.

**Accommodation Transport and Beauty Therapies are not included.**

The venue we are using Al'verde has 12 rooms (10 of which we have booked for this package.

Double Room (6 available) 510 Euros for 6 nights

Triple Room (4 available) 660 Euros for 6 nights

Quad Room (2 available two rooms shared bathroom) 810 Euros for 6 nights

All prices include Breakfast.

## 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. Taxis can be arranged to get to Mandello or you can walk in about 40mins to 1hr.

