

Soglio

YOGA, MEDITATION & CHANTING RETREAT



stretch a little
sing a little
hike a little
breathe a lot

Learn how to feel your very best — anytime, any place.

Most of all we want your time spent in and around Soglio to be a respite for you - whatever that might be. To reconnect with your inner-wisdom, the metta inside loving kindness - the returning to your home within, to an aliveness and resonance that rings true, is the essence of this retreat...

Explore the beauty of the Engadine, while:

- Enjoying morning and afternoon yoga classes,
- Indulging with Thai Yoga Massage
- Feasting on delicious food and historic architecture of the region, and
- Stepping inside the local charm of Swiss and Italian villages with like-minded friends!

August 23-29, 2009

Soglio, Switzerland

Register by June 15th

\$50 deducted if fully registered by June 1, 2009

Group limited to 16 people

www.shapingsound.com

the experience

“Because of your retreat in Soglio, we took home a new set of skills that improved our daily life, personally and professionally.”

Ease into health, well-being & humor.

Mornings begin early, as the sun rises over the peaks, and our group moves in silence to a quiet meadow for **meditation and Pranayama** (relaxation through breathing). **Hatha Yoga** follows — stretching to give your body its own internal massage.

Our group then gathers for breakfast around the table at Casa Carolina sharing local fare as we plan the day. From about 10am - 2pm, everyone is free to explore alone or team up in groups to discover the local village markets, taste their foods, including a cooking class/demonstration at Uomo Selvatico in Chiavenna. Hike up to waterfall fed swimming holes with fine dining awaiting our arrival for lunch. Enjoy an open-air concert at the Palazzo Museum in Stampa. Ride in a horse drawn carriage in the traffic-free Fex valley and delight in the landscape — a field of never-ending wildflowers. Sit under a favorite tree and read or nap, and behold — as you become one with the beauty of the place.

Maximize and savor health benefits with a **Thai Yoga or Ayurveda massage** given by Zurich health consultant Sylvia Schmid, who uses oils mixed with herbs from Soglio. Optional workshops, including **sound therapy** and techniques through Naked Voice Singing for deeper relaxation, are available in the late afternoons.

Register now www.shapingsound.com as this retreat fills fast. We keep our group small with only 16 participants.

Be welcomed into the splendor of a **bygone era** as owners of the Palazzo Salis in Bondo take us through their grand summer home. Compare old with new as New York photographer Raymond Meier — whose house was featured in the New York Times magazine in January of 2005 — opens his doors to our group, giving us a rare opportunity to see the genius of Zurich based architect Armando Ruinelli, and so much more.

Soglio, situated on the side of a mountain in the Bregaglia Valley, is a tiny farming village surrounded by beautiful snow-capped mountains. It is home to a gorgeous way of life. Cows and goats graze the meadows, fresh milk is doled out in churns and the church bell sounds its gentle chime across the valley. Farming families — some with roots in the village going back nearly a thousand years — continue to reap the riches of the fresh mountain air and fertile Swiss soil, moving with the times as they develop herbal remedies, oils and other products from a variety of local plants.



Retreat organizer **Jody Tull (de Salis)** is a certified therapeutic yoga instructor with 15 years teaching experience, she is a Naked Voice facilitator and received her Masters Degree in education from Columbia University. Jody lives in Ann Arbor, Michigan USA. Ann Arbor is also home to her business, Nourishing Traditions.

