



in Awe

Soglio 2016

YOGA, MEDITATION & CHANTING RETREAT

Greetings my fellow travelers!

Be In Awe's 11 year Anniversary! Celebrate the best of life in Soglio

The following information will be helpful in preparing you. If you have any additional questions, you can contact me anytime

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Tips and Tricks

Passport

A passport is required for this trip! Go find your passport right now and check that it does not expire prior to your return date! If the passport expiration date is before your return date or if you do not have a passport, make it a priority to visit your local post office and get an up to date passport! Be sure that you will receive your new passport prior to your departure date. If the turn around time is in question, pay for the rush charge!

Visas

No visa required for Switzerland (CH).

Vaccination

No vaccinations required for Switzerland (CH).

Cellphone

If you plan to use your cellphone be sure to consult with your service provider and set up your cellphone service to receive calls, text message & email abroad. Please be mindful — international cell phones can be hugely expensive.

Internet Access

The nearest internet cafe is in Sils which is about 45 minutes by bus from Soglio, and also available just outside the tourist office. This gives us the perfect opportunity to take an internet “fast.” In everyday life we are pulled in so many directions. A worthy goal is to be fully in the moment and present in Soglio.

Money

Money can be exchanged at the airport when you arrive. In addition, you will need to get CHF and Euros out of cash machines, so be sure you know your passcode and check your weekly limit for withdrawal. Switzerland uses only CHF. Italy uses only Euros.

Recommended currency amounts

250 - 300 Euros

250 - 300 CHF

Our Soglio Hiking adventures require bus rides:

We have found that it is most economical and efficient to purchase your bus ticket (cash only) the day of each Soglio travel adventure.

Food

Let us know anything you do not eat. Meals out are not included in the price of the retreat. There is room in fridge/kitchen for your favorite snacks.

Packing Tips

- Light unhampered travel will ease your journey. Not too much; nor too little. Keep in mind, there will be times when you will need to carry your luggage up flights of stairs in railway stations, and haul it along cobbled streets.
- Leave room in your bags for a purchase or two along the way.
- Bring a small backpack or day bag that you will be comfortable taking on hikes and/or on day trips.
- If you forget something, just know that it was something you were meant to leave behind!
- Love your feet! Make it a priority to find a good pair of hiking/traveling shoes! Decide on your shoes & socks now and begin to wear them regularly! (I just got back from walking downtown with a comfy, broken in pair of shoes — and find myself with a big blister.) Try to walk at least several miles, several times per week, beginning this week, in Soglio hiking shoes.

Travel Reminders

You can only carry on liquids of 3oz or less. Place all carry on liquids in a one quart zip lock bag. All larger bottles must be checked. Liquid prescription medications are allowed in larger quantities but must be declared at check points. For full details review the following website www.tsa.gov/311/index.shtm

The Weather

We recommend layering. High mountain weather means cool early mornings and hot midday sun. Soglio is at only 500 feet altitude. Our hikes can take us up to 1,500 - 2000 feet altitude.

Tips and Tricks

Travel To Soglio

DIRECTIONS FROM ZURICH:

Buy a ticket at the airport (if you haven't already purchased it online) all the way to Soglio (and return, if that's your plan.) The rail and bus systems are integrated so one ticket will get you all the way. There may be ways to save money if you buy a rail pass or buy your ticket online from USA, Canada or England. The journey goes from Zurich to St. Moritz by train -- changing trains in Chur -- then by bus (just outside the train station) to Promontogno, then you change buses to go up the hill to Soglio. Travel time from Zurich -- around 5 1/2 hours.

THIS IS VERY IMPORTANT TO NOTE:

For late evening buses to Soglio after about 19.00 (7 p.m.), passengers must reserve the local bus from Promotogno by phoning 0793269286, more than 2 hours in advance.

RECOMMENDED SITES, FOR YOUR REFERENCE:

The Swiss Rail site, SBB fort details of all the ticket options for foreigners travelling in Switzerland:
<https://www.sbb.ch/ticketshop/b2c/sprache.do?en>

The half-fare card (for one month) is 110 CHF and can be ordered online, to be sent to you by post. (Order LESS than 2 months in advance).
<https://www.sbb.ch/ticketshop/b2c/adw.do?283>

(To get hold of detailed prices with SBB is tedious, as you have to go through the whole e-booking process for each ticket, before they give you a final price!)

Other travel agents, e.g. My Swiss Alps. 2 prices: \$ 140.01 if bought from them, or \$115.80 if bought in Switzerland. (That is same price as SBB site)
<http://www.myswissalps.com/swisshalffarecard.asp?lang=EN>

MORE ABOUT BUYING IN SWITZERLAND:

Most passes and tickets can be purchased from the service desks at larger rail stations, including Zurich Airport and Geneva Airport. Ticketing machines (just for tickets, not passes) are available at the smaller stations most of the time. Opening hours and the selection of products being offered may differ per region and railway company. In many cases, regional tickets and passes are only available at stations in the concerning region. Please note that buying in advance is mostly cheaper than waiting to buy in Switzerland.

Directions from Milan

Buy a bus ticket at the Milan airport to Milan Central railway station (f you choose Milan-Bergamo airport, you do not need to go into Milan railway station. You can go directly to Chiavenna and follow directions, below)

At Milan Central railway station, buy a train ticket to Chiavenna, Italy. You will change trains in Colico.

In Chiavenna, buy a bus ticket to Soglio, taking the yellow Swiss Post bus that says bus to St. Moritz (Bus station is also the train station.) They take euros or CHF, but not cards.

This bus stops (in route to St. Moritz) in Promontogno where you change buses. In Promontogno you will connect with another yellow bus which says bus to Soglio, which simply goes up and down the mountain between Promontogno and Soglio -- about a mile
Travel time from Milan -- around 4 hours

THIS IS VERY IMPORTANT TO NOTE:

For late evening buses to Soglio after about 19.00 (7 p.m.), passengers must reserve the local bus from Promontogno by phoning 0793269286, more than 2 hours in advance.

Consult the train website sbb.ch or cff.ch.

Itinerary & Daily Flow

*“Serve, Love, Give, Purify,
Meditate, Realize, Be Good,
Do Good, Be Kind,
Be Compassionate, Adapt,
Adjust, Accommodate”*

-Swami Sivananda

Daily Flow (may vary, depending on that day's schedule)

5:30pm	We will begin just before sunrise with a wake-up reminder
5:45am	a silent hike, pranayama, meditation & hatha yoga, in and around Soglio
10am	brunch seating at our retreat table or on a picnic in a field, meadow or on a rock
10am	Optional late morning adventures — yours to decide. See list below
4pm	late afternoon pranayama and stretches, depending on the days demand evening meditation
6pm	Dinner
8pm	Evening Meditation Circle

Flexible Body • Flexible Mind • Flexible Schedule

Recommended Hiking options —

over the river and through the woods to:

- Salis ruins where views of Soglio are spectacular – nearly as easy as a stroll
- Stampa & Vicosoprano, with a picnic possibility along the way
- Tombal meadow overlooking entire region. FAB photo opportunity – “tree” on huge rock
- Savogno, a not to be missed ancient village featuring a scrumptious inexpensive Italian lunch and waterfall fed swimming hole swim
- Promontogno & Bondo – the sweet, lovely villages below Soglio

* Please note: Meals out and extras are at your expense.

Travel Checklist

Airline requirements are detailed at www.tsa.gov

Necessities

- Airline Tickets
- Passport
- First Aid Kit
- Camera
- Camera Charger
- Camera Batteries
- Memory Stick(s)
- Small Flashlight w/ Extra Batteries
- Vitamins/Supplements
- Stories, Poems, Songs, Tall Tales
- Cash and/or Travelers Checks
- International Plug Adaptors
- Zip Lock Bags
- Day Bag or Small Backpack
- Water Bottle (must be empty for flight)
- Cash in Euros and in Swiss Franks

Clothing:

- 1-2 Yoga clothes (modest, comfortable, cloths that do not restrict your movement)
- Jacket or sweatshirt
- Rain Coat with Hood
- Sunglasses
- Bathing Suit
- Hat
- 1-2 pairs of shorts/capris
- 1-2 shirts suitable for hot and chilly
- Comfy Shoes suitable for Hiking
- Sundress for market/town/dinners out
- 1 Pair of Pants/Jeans
- Belt
- Socks & Underwear
- Dirty Clothes Bag

Toiletries:

- Sunscreen
- Insect Repellent
- Brush/Comb
- Toothbrush/Toothpaste
- Shampoo & Such
- Make-up
- Beach Towel

Yoga Supplies:

- Yoga Mat
- Cushion (optional)

Optional:

- Cellphone with Charger
- Video Camera with Charger & Tapes
- Drivers License - If you plan to drive

Great Travel Companions:

- Sunglasses
- Guidebooks
- Books
- Journal/Paper
- Earplugs
- Airplane Neck Pillow
- Lavender Pad
- Eye Cover
- German & Italian Dictionary

Retreat Soglio Release

Must be signed, scanned and received no later than this FRIDAY MAY 20th, 2016.

Please email to: Jody@BeInAweYoga.com

Guest Registration

Name _____

Address _____ City _____ State _____ Zip _____

Phone h) _____ c) _____ w) _____

Email _____

Flight info:

Arrival Date / Time / Airline / Flight # _____

Departure Date / Time / Airline / Flight # _____

Dietary restriction – please list foods you cannot eat: _____

Emergency contact

Name _____

Phone h) _____ c) _____ w) _____

Email _____

Release

I acknowledge that I have carefully read the Waiver and Release listed below (which is incorporated herein by reference) and I fully understand that it is a waiver and release of any and all liability.

Guest Signature _____ Date _____

Staff Signature _____ Date Received _____

Assumption of risk, waiver, release, and indemnification

I hereby acknowledge that my attendance and all aspects of Retreat Soglio, sponsored by Nourishing Traditions, including my participation in any and all of the retreat activities involves some risk. I agree to assume all risk and personal responsibility for any injuries associated with my attendance of Retreat Soglio.

I further expressly agree to release Nourishing Traditions, their employees and anyone else associated with Nourishing Traditions from any and all claims, demands, damages, or causes of action whatsoever arising from my attendance or use, whether known or unknown, anticipated or unanticipated, which I may have now or in the future, including, but not limited to any and all claims. It is my intention that this release be as broad as Michigan, USA and Soglio, Switzerland law allows releases of this sort to be. I further agree to save, hold harmless, and indemnify Nourishing Traditions, their employees and agents and anyone else associated with Nourishing Traditions and Retreat Soglio from any and all claims, demands, or damages, including costs, interest and attorneys fees, which they may incur as a result of any claims by me or anyone claiming through me or as a result of any claims, demands, damages, or causes of action arising out of my actions on Retreat Soglio.

Guest Signature _____ Date _____

Photo Release

Name _____

I hereby irrevocably allow Nourishing Traditions and its agents to use my photograph, as it pertains to Nourishing Traditions participation, for promotional efforts without any expectation of reimbursement.

Yes No

Guest Signature _____ Date _____