

Soglio

YOGA, MEDITATION & CHANTING RETREAT



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



Discover 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 Bregaglia, while:

- Enjoying a daily practice of yoga, meditation and chanting
- 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!

www.BeInAweYoga.com



Soglio, Switzerland 2024
September 2nd-7th: Yoga, Meditation and Hiking Retreat

Register by November 6, 2023
with a deposit of \$300 to save your place in Soglio.
On a first come basis. Balance due Feb 1, 2024.



“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. Hatha Yoga** follows — stretching to awaken and give your body its own internal massage. Our group then gathers for breakfast around the table sharing local fare as we plan the day. From about 10am - 4pm, everyone is free to explore alone or team up in groups to discover the local village markets, and taste their foods. 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.

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) received her Master's Degree in education from Columbia University. She is a certified therapeutic yoga instructor with 20 years of teaching experience. Her

work combines classical full spectrum yoga, the philosophy of yoga, hatha yoga and the yoga of sound.

She teaches “Finding Your Voice” workshops throughout the world. Weekly yoga sessions and relaxation treatments, held at the Be In Awe Yoga Studio in Ann Arbor, help students master skills that reduce stress and increase their capacity to feel good. Jody takes students on vacations in international locations; focusing on Yoga, Meditation and Hiking. One of the favorites is in Soglio, Switzerland.

Register now www.BeInAweYoga.com as this retreat fills fast. We keep our group small with only 12 participants.