



in Awe

Soglio 2025

YOGA, MEDITATION & CHANTING RETREAT

Greetings my fellow travelers!

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 till 6 months after your return date. Make it a priority to get an up to date passport. If the passport expiration date is not right 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 or Italy for US passports

Vaccination

No vaccinations required for Switzerland or Italy for US passports

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. It is a worthy goal to detach from the Internet as much as possible during the retreat.

Internet Access

Internet in hotel.

I will REALLY really really encourage you to limit screen time as part of the retreat. Give this as a precious gift to yourself. Be wholeheartedly in Soglio vs distracted by a constant stream of distractions that take you out of being present, here and now. Checking mid afternoon each day, ONLY if absolutely necessary.

Necessities

Medication and supplements

Food

Meals out are NOT included in the price of the retreat.

The Weather

We recommend layering. High mountain weather means cool early mornings and hot midday sun. Soglio is at altitude 1000m. Hikes can go up higher, but not so high as to affect the way you feel.

Money

Money can be exchanged at the airport when you arrive. You will need to get CHF and EUROS out of cash machines, so be sure to bring a debit card (no exchange charged) with your password. Be aware that many ATM's have a weekly limit for withdrawal. Switzerland uses only CHF. Italy uses only Euros. More and more, in Switzerland and even Europe, credit cards are no longer accepted. This has caught us out, too many times.

Recommended currency amounts

250 - 300 Euros

250 - 300 CHF

Our Soglio Hiking adventures require bus rides:

Your bus pass is included in the price of the retreat. Be sure to bring it with you on all Soglio excursions.

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.

- **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.

Registration

Room preference; single room or double room

Duration of Stay

Will you extend your stay in Soglio at the conclusion of the retreat? If so, by how many days. What is your planned departure date?

Please list health issues/concerns/i(nclude) —and all medications and supplements

Tips and Tricks

Travel To Soglio

DIRECTIONS FROM ZURICH:

All Swiss public transport is integrated and is accessible at sbb.ch

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 – 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 51/2 hours.

Plan to arrive mid afternoon August 24th.

Welcome dinner at 6pm.

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.

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 Soglio to Milan

Take Post Bus from Soglio to Chiavenna, changing at Promontogno.

Take train from Chiavenna to Milan airport (Linate, Malpensa or Bergamo depending on airline), changing at Colico and Milano Centrale station.

Note that the hotel will give you a Swiss bus pass valid for your entire stay, for all travel up and down the St Moritz-Chiavenna route. This means you should never have to pay for a bus ticket, including on arrival from St Moritz. The bus driver will not usually ask to see any ticket if you get on the middle doors of the bus, as most people have passes of some kind. If the driver asks, explain that you are going to receive a pass from the hotel.

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 (will vary, depending on that day's 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 FEBRUARY 15, 2025.

Please email to: jodyktull@gmail.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: _____

Please list health issues/concerns we should know about: _____

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.

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 _____