

ENERGY AND HEALING FOR TWO

This is a typical retreat day.

TIME	ACTIVITY
07:30 – 11:00	Breakfast.
11:00 – 12:00	Aroma Massage for two: After a psycho-aromatherapy test, essential oils are selected for use during the massage, to achieve a relaxing, stimulating or soothing effect.
12:00 – 17:00	Lunch at Preidlhof consists of a colourful, generous buffet of vegetarian dishes, incorporating fresh local ingredients. Vegan options, Italian dishes and small delights are also offered.
15:00 – 16:00	Dao Yin Yoga or Qi Gong for two: A personalised session based on ancient Chinese traditions; the session may include breathing exercises, movement, energy awareness and self-massage.
17:30 – 19:00	Ancient Healing Session (individual session): Based on the concepts of integral medicine, Traditional Chinese Medicine and other ancient approaches, this personalised therapeutic session combines touch and massage, with suggestions and exercises to be practiced at home.
19:00	Dinner at Preidlhof is a joyous celebration of the senses and of Italian hospitality, with a choice of several menus.