

TRANSFORMATIONAL JOURNEY

This is a typical retreat day.

TIME	ACTIVITY
07:30 – 11:00	Breakfast.
09:00 – 09:45	Choose from the Special Classes scheduled for each day, including Yoga Nidra, approach to healthy eating, dance therapy, forest bathing, barefoot meditation, sensory experiences, laughter yoga, Dao Yin Yoga, sound healing, mindfulness, and purification rituals with Alpine herbs.
11:30 – 12:30	Transformational Session and Wellbeing Consultation: This immersive experience is designed by Patrizia Bortolin, Transformational and Wellness Life-Coach. Through different sensory techniques, Patrizia leads a journey of rediscovery and transformation that provides new perspectives and promotes a vital, creative and inspiring approach to life.
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	Colour Healing Massage: An inspiring, fragrant and sensory massage incorporating the healing and potent powers of colours, crystals and sounds. Your therapist will select the colour oils which are best suited to your needs and desired results.
17:30	Sauna Healthy Infusion: A healing steam experience in the Sauna Tower with special herbal infusions.
19:00	Dinner at Preidlhof is a joyous celebration of the senses and of Italian hospitality, with a choice of several menus.