

YOGA HOLIDAY

ECO HOTEL CRISTALLINA, VALLEMAGGIA
SOUTH SWITZERLAND



Margaretha van den Broek

DO YOU LOVE...

**Nature, lakes, mountains, rivers, waterfalls, sun, delicious organic food and
...YOGA ?!**

**Come to Ticino, the sunny south of Switzerland to reconnect with yourself and
experience deep relaxation and pure wellbeing.**

**A unique and eye-opening yoga vacation in the gorgeous valley of Maggia at
Eco Hotel Cristallina.**

**During this holiday, you can rediscover the values in life and widen your horizon
and awareness with your heart.**

Ticino offers a unique variety of beautiful attractions:

... Water... flora... mountains... valleys... energetic sites... culture...

THE WATER...

Take in the non-stop flowing vital energy of water and benefit from the magical and powerful
purifying abilities of Ticino's waters in all its forms:
lakes, rivers, streams, mountain rivers,
waterfalls...



In summer, the river is a coveted destination for lazing by the warm summer sun to cool off in its
fresh waters. Following the waterways of the Maggia Valley, between the rocks smoothed by
water, you can find a myriad of magnificent wells from different shades of blue and some small
beaches of fine sand.



ENJOY...

...a cooling plunge

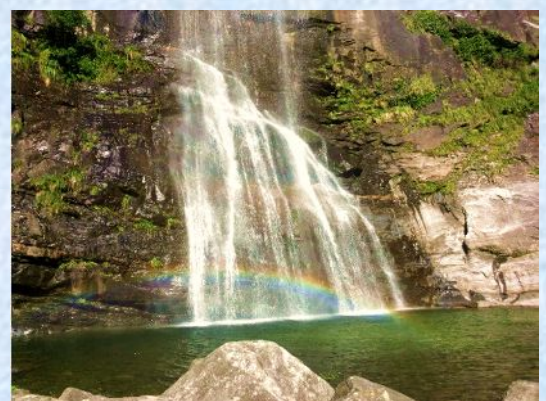
under the magic waterfall of

Maggia...

...a refreshing dive in
the crystal-clear waters of the
mountain river Maggia...



...a meditation at one
of the waterfalls in the
near area...





THE VALLEYS...

The many valleys of Ticino have their own charm and the typical mountain cultures are still until today very well preserved.

THE MOUNTAINS...

The Swiss Alps are worldwide the most famous mountains in Europe. In Ticino, there are many different possibilities for fascinating trips in the mountains. There is even a glacier: Basodino in Valle Robiei whose beauty you can admire in a half-day excursion.





THE AIR...

Everyone knows that in the mountains one finds clean and pure air. Here you can really BREATHE!

Whether it is the refreshing breeze from the waterfall or the pure fresh mountain air, here the Pranayama exercises will have even more powerful results!

Imagine a Pranayama Yoga session in front of the waterfall or during a trip in the mountains...

PROGRAM: 6 Days

Daily general program

- 07:30 Hatha Yoga 75 min. (Asana/Pranayama/Meditation/End relaxation)
- 08:45 Breakfast
- 13:00 Lunch
- 17:00 Hatha Yoga 75 min. (Asana/Pranayama/Meditation/End relaxation)
- 19:00 Dinner

2 Excursions (inclusive)

River/valley walk

Light mountain walk with a visit to a waterfall

TEACHER

Yogeshvari

Yogeshvari is the spiritual name of Margaretha van den Broek. She is an international certified Hatha Yoga teacher and also a massage therapist and beautician.

She was born in Holland but she travels professionally and privately around the world like a real globetrotter already for over 15 years. She teaches Yoga in four different languages (EN/D/IT/NL) for beginners, intermediate and advanced practitioners without effort.



Margaretha feels easily at home everywhere, but Ticino has a very special attraction to her. She enjoys the many natural resources of Ticino to the fullest and loves to share this with everybody! Everyone should have the opportunity to practice Yoga in such a beautiful, pure and peaceful environment!

Margaretha: "Yoga is not just an hour lesson a day for me. My life is Yoga or Yoga is my life, I try to give a certain value to everything I do. At every moment of the day, I try to seek and to keep contact with myself. I that way I always find happiness in every little thing."

My goal is, when I teach yoga, that one comes into contact on a deeper level with oneself, to have the chance/opportunity to gain more self-knowledge and balance so that the essence of one's life becomes more and more noticeable and visible. Only in that way we can really SEE (even with our eyes closed...!)

I wish that my yoga retreats would be a lasting positive regenerative experience for my guests, which contributes to their happiness and their personal development.

"Be as you wish to appear, because it only goes really well, if you are who you are!"

Socrates





THE MAGGIA VALLEY

A still predominantly natural landscape that is marked by the traveling river Maggia, characterizes the valley that starts at Lake Maggiore and gives access to the Alpine landscape. Fine sandy beaches, wide-scale natural pools, abraded rocks and massive waterfalls shape the image of this valley where hikers can discover the ancient traditions still untouched by modern hectic. It offers a quiet, peaceful and natural environment to relax and heal.

The Magic Maggia Valley presents itself through a wide valley floor and three lateral valleys (Rovana, Lavizzara and Bavona valley). Seven hundred kilometers of trails form a dense network, allowing you to explore the entire Valle Maggia by foot.

Visitors of the Maggia Valley can find countless traces of an ancient world that still persists in the

customs of the population. Constructional gems of inestimable beauty remember the faith of the people and to the success of some emigrants who returned rich. For many centuries, the population of the Maggia Valley lived mainly self-sufficient from the fields and livestock.

Explore the Vallemaggia through its "Sentieri di Pietra" (Stone Trails), a serie of historical-cultural itineraries that will allow you to discover the magic secret of almost every village of this area.

ECO HOTEL CRISTALLINA

Ecology is considered of primary importance to balance the quality of services offered at the Eco Hotel Cristallina. We identify ourselves with a natural way of life and we do our best to establish a harmonious and sustainable relationship with nature and its resources.

A healthy environment through minimal energy consumption and a pleasant atmosphere that invites to get away from everyday life characterizes the hotel.

"We are part of nature and as part of this valley we give shape to it with our activities. So we give our best to emphasize and promote the natural beauties of the place, the history, the culture and the cuisine".

www.hotel-cristallina.ch

Accommodation

All our rooms are non-smoking rooms, (excluding terraces). Hairdryers are available to customers in all bathrooms. To promote sociability among the guests, we intentionally excluded radio and television in the rooms.

The Food - Restaurant

Eco Hotel Cristallina proposes fresh products from organic and regional harvests, including from their orchard. They also give particular attention to vegetarian cooking and to their mainly wholegrain homemade pastas, which flour is freshly ground to preserve their flavour and to guarantee authenticity. The menu regularly offers ethnic dishes from culinary cultures as far away as India or the Middle East, and accommodates guests with food allergies or intolerances. On request, they prepare meals for various types of diets: lactose or gluten free and dishes for guests who prefer vegan cuisine.

The day begins in the spacious and bright ground floor dining room or on the terrace with a rich and entirely organic breakfast buffet: honey and mountain cheeses, a variety of fresh bread, homemade jams, fresh fruit and hand-milled cereals and flakes.

Equipment

- Parking (free)
- Wi-Fi (free)
- Terrace
- Garden with Pergola
- Yoga Studio
- Massage

LEISURE ACTIVITIES AND EXCURSIONS (optional)

- Swimming in the natural pool under many waterfalls nearby
- Swimming in the beautiful river Maggia opposite of the hotel
- E-biking
- Many energetic power places nearby to visit
- Mountain and valley hikes
- Visit the old village and church of Giumaglio
- Visit many of the characteristic mountain villages of the Maggia valley
- Visit Valle Verzasca
- Visit the beautiful towns Locarno and Ascona at Lake Maggiore
- And many more to visit nearby: <http://www.ascona-locarno.com/>

Surrounding

Ticino is the Italian-speaking region in the south of Switzerland and is famous for its sunny weather and Mediterranean influence, its palm-fringed lakes, for its architecture and for its cuisine. The beautiful characteristic lake towns Ascona, Locarno and Lugano are well-known for the many events organized throughout the year.

The Maggia Valley attracts attention with its impression of granite and green, its many waterfalls and mountain lakes, glaciers and eternal snow. The Verzasca valley applies as a hotspot for adventurers and romantics with its picturesque bridges, villages and crystal-clear, deep green waters.



Nearby:

- Locarno/Ascona - 20 min.
- Locarno train station - 30 min.
- Lugano – 1 hour
- Milan-Malpensa Airport (MXP) – approx. 2 hours
- Zürich Airport (ZRH) – approx. 3 hour

GOOD TO KNOW

Check in

Sunday 13:30 until 15:30 hrs.

Check out

Friday 10:30 hrs.

Group size

4-10 participants

Internet

Free Wi-Fi for hotel guests

Parking

Free parking for hotel guests

Yogamats/Meditation pillows

Yoga mats available for free, please bring your own meditation pillow

Extension options

Did you enjoy your stay and like to stay longer? Please ask for availability.

Accessibility

Eco Hotel Cristallina is easily accessible by car or by public transport:

Arriving by train

Once your flight lands, take the train to Locarno.

Arriving by bus

Take the bus from Locarno to the Maggia valley (Vallemaggia) Line 315, every hour, Duration 32 min. Disembark at Coglio, a 2 min. walk will bring you to Eco Hotel Cristallina.

Arriving by airplane

The nearest airport is Milan - Malpensa Airport (MXP) at approx. a 2-hour drive and Zurich Airport (ZRH) at approx. a 3-hour drive.



PRICES

TARIFFS PER PERSON/DAY, 18.09 -23.09.2016

ROOM		PREIS CHF
DOUBLE ROOM with shared TOILET/SHOWER on the corridor	CHF	850.00
1 PERS. OCCUPANCY	CHF	1'000.00
DOUBLE ROOM with TOILET/SHOWER	CHF	955.00
1 PERS. OCCUPANCY	CHF	1'075.00
DOUBLE ROOM with TOILET/BATH	CHF	975.00
3 PERS. OCCUPANCY	CHF	900.00
DOUBLE ROOM with TOILET/SHOWER and TERRACE	CHF	1'025.00
1 PERS. OCCUPANCY	CHF	1'175.00
DOUBLE ROOM BIG with TOILET/SHOWER & BIG TERRACE	CHF	1'050.00
3 PERS. OCCUPANCY	CHF	950.00

What is included?

- 5 Hotel nights
- Welcome Drink at arrival
- 5 x rich organic breakfast buffet incl. local products
- 4 x organic lunch at the hotel (2 courses) or underway with a pick nick lunch package*
- 5 x organic dinner (3 courses)*
- Tea and dried fruits/nuts in the morning before the Yoga lesson
- Vitalized drinking water, drinking water with gas
- 2 x daily Yoga lessons
- 2 Excursions
- Wireless Internet
- Parking
- Tourist tax
- VAT

*N.B. All meals are vegetarian or vegan (non-vegetarian and lactose/gluten free also available on request)

What is not included?

- Travel costs from and to Eco Hotel Cristallina
- Travel insurance
- Extra excursions and activities
- Eventual bus costs during excursions
- Snacks and all drinks (except vitalized water with/without gas)
- Massages



RESERVATION & INFORMATION

For information and reservation contact:

Margaretha van den Broek:

Per Email: margreetvdbroek@hotmail.com

Per Telephone: +41 (0)76 709 99 20

A deposit of CHF 100.00* is required to guarantee your booking. You can transfer this amount to the following account:

CH24 0825 2010 8732 P000 C

BPS SUISSE SA CH-6600 LOCARNO

VAN DEN BROEK ANNA-MARGARETHA

Swift: POSOCH22

Please write as remark: Yoga Holiday Vallemaggia 18.09 and your name.

The left over balance has to be paid upon arrival at the hotel.

* (this amount is not refundable in case of cancellation by the participant)

