

Relaxing Yoga & Painting Retreat

April 8 - 13, 2024

Hotel Panorama - Fam. Schuler
Via al Lago 6
CH - 6823 Pugerna
Tel. +41 91 923 98 83

<https://www.panorama-tessin.ch/mobile/>

Amount of people: approx. 13 ppl

FREQUENTLY ASKED QUESTIONS

1. Which is our Daily Schedule?

April 8 , 2024 - ARRIVAL & INTRODUCTION

Check in will be organised individually, depending on your hour of arrival and transportation choice.

2pm - Lunch and a short introduction

At 19:00 - DINNER

The following schedule is for the days between April 8 after lunch and 13, 2024

9:00 am Meditation and breathing exercises

9.30am Vinyasa, Yin and Intuitive Yoga

11:00 a.m. brunch followed by a break

2.00 pm Mandala or Nature inspired painting

6:00 p.m. Dinner

8.00 p.m. Evening program (in consultation with the participants)

9.00 Uhr Meditation und Atemübungen
9.30 Uhr Vinyasa, Yin und intuitives Yoga
11.00 Uhr Brunch mit anschliessender Pause
14.00 Uhr Mandala malen
18.00 Uhr Abendessen
20.00 Uhr Abendprogramm (in Absprache mit den Teilnehmenden)

July 13, 2024 - DEPARTURE in the afternoon/evening

2. How do I get to the hotel?

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<https://www.panorama-tessin.ch/mobile/>

By car

Google Maps link: <https://goo.gl/maps/FosQiVaKQzjv2wQ66>

By train

For train, bus and boat schedules check: www.sbb.ch/en

The closest train station is Lugano train station. From the train station there are connections either by bus or by boat depending on your hour of arrival.

By plane

The closest and most frequented airport is Zurich Airport. The airport is connected with a train station. For train schedules check www.sbb.ch/en.

3. What's the weather like in Ticino?

The Hotel Panoramais situated above the Lugano Lake on the other side of Lugano, close to the Italian village Campione d'Italia. It can get a bit fresh in the morning and after sunset. I advise you to bring a jumper. Although April is usually very sunny in Ticino, be prepared for some occasional rain showers. Please check the weather forecast before you leave and pack accordingly.

Also recommended are: **comfortable clothes and a pair of shoes, a pair of slippers and clothes adapted for the yoga sessions and outdoor explorations.**

4. Do I need to speak German?

You don't need to speak German. We will teach the Painting Sessions in English (Karin can translate in German) and the yoga session in German and English. Ana can also teach in Spanish and Italian. Karin speaks German and English.

5. What do I have to do in order to reserve my spot?

To reserve your spot, you must pay a deposit of **200 CHF** or a full amount of **1570 CHF** or **1495 CHF** if you are an **EARLY BIRD**. The payment can be done via bank account transfer to my **POST FINANCE** bank or **TWINT** specified below or via Retreat website: <https://www.anapazartist.com/swiss-ticino>

POST FINANCE

Scan with your bank 's QR scanner



TWINT

for Twint use my phone nr:
0798322884 - Ana Maria Fociuc

Or without the QR code:

Ana Maria Fociuc
CH53 0900 0000 1582 2762 9
POFICHBEXX

Address: Sägholzstrasse 35
9038; Rehetobel

Once I receive the deposit, I will confirm the receipt.

6. Which is the Cancellation Policy?

The retreat investment already paid in will be fully refunded within 7 days if we have to cancel the retreat for health or business reasons. A cancellation of the retreat for business or health reasons will be announced latest on March 1st, 2024. It is advisable to organise transportation once the retreat is confirmed (it will be confirmed as soon as 5 people have booked their place and paid). We will not be responsible for any changes made for your transportation choices if we have to cancel the retreat for health or business reasons.

Once it is confirmed, there are no refunds for this retreat unless we are able to fill your spot. If we are able to fill your spot, a 100 CHF cancellation fee will apply, and the rest of your retreat investment (deposit or total price) will be refunded. If we are not able to fill your spot, there will be no refund issued.

In case of a natural disaster, pandemia or similar unforeseen reason, we will reserve the right to make any necessary changes to the retreat or cancel it. In case of a cancellation, we will offer you a full refund and the option to book another retreat. However, in this case, we will not be responsible for any changes made to your transportation choices.

7. What else can I visit in the area if I want to extend my vacation?

Here are a few links to get some inspiration:

TicinoTourism: <https://www.ticino.ch/>

Switzerland Tourism: <https://www.myswitzerland.com/en-ch/>

For any other question you may not find the answer here, please do not hesitate to contact me:

Email: anapazartist@gmail.com

Call/ WhatsApp : +41 79 832 28 84