

Relaxing Yoga & Painting Retreat

April 18 - 24/2027

Hotel Panorama
Via al Lago 6
CH - 6823 Pugerna
Tel. +41 91 923 98 83
<https://www.panorama-tessin.ch/mobile/>

Amount of people: approx. 12 ppl

FREQUENTLY ASKED QUESTIONS

1. Which is our Daily Schedule?

April 18th, 2027 - ARRIVAL & INTRODUCTION

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

Opening ceremony and yoga session.

At 18:00 - DINNER

The following schedule is for the days between April 19th and April 23rd, 2027. One day is reserved for hiking or visiting the area (depending on the weather)

9:00 am Meditation and breathing exercises
9.30am Vinyasa, Yin and Intuitive Yoga
11:00 a.m. Brunch followed by a break
1:00pm Painting session
6:00 p.m. Dinner

8.00 p.m. Evening program - different options: barefoot dancing, relaxing yoga, fun creative exercises (in consultation with the participants)

(German)

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)

April 24th, 2027 - Morning Yoga session and brunch, DEPARTURE

2. How do I get to the hotel?

Hotel Panorama

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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 Panorama is 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 May 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 or Italian?

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 **500 CHF** or a full amount of **2070 CHF or 1995 CHF(single rooms) 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

Or without the QR code:

**Ana Maria Fociuc
CH53 0900 0000 1582 2762 9
POFICHBEXX
Address: Sägholzstrasse 35
9038; Rehetobel**



Twint

**for Twint use my phone nr 0798322884
Ana Maria Fociuc or scan the QR code**



Ana Paz



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 February 28th, 2026. 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 200 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**

Or Karin for only German speakers: www.yogaaround.ch