

## Exclusive VIP Weekend in Ticino

### A Private Retreat to Reset, Realign & Recharge

This experience is for you if you need a change — **now**.

If you're feeling exhausted, close to burnout, uncertain about your next steps, or simply disconnected from yourself, this personalised weekend is designed to bring immediate relief, clarity, and renewal in a serene and supportive setting.

We'll spend the weekend together in the peaceful Malcantone region of Ticino.

Through breathwork, meditation, nature walks, and deep, honest conversation, we'll reconnect you with your inner strength, your vision, and your next steps.

You'll gain space to breathe, reflect, and re-align — with full support every step of the way.

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### Arrival & duration

- Arrival: Friday afternoon
- Departure: Sunday afternoon
- Additional days (or different weekdays) may be booked upon request

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### Pricing

The VIP Weekend package (Friday afternoon to Sunday afternoon):  
CHF 1,700.--

This includes all coaching, breathwork sessions, meditations, simple lunches, and personal accompaniment throughout the weekend.

Additional days may be booked on request.

Accommodation and meals are not included (see below).

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### Accommodation suggestions

We recommend staying in the Malcantone region, either lakeside in Caslano, or in the tranquil hillside villages of Novaggio or Miglieglia.

Novaggio

[Casa Lucertola – by Michela di Casa Corvo](#) (airbnb)

[View details \(in German\)](#)

Miglieglia

[Casa Santo Stefano](#)

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## What's included

- 4 breathwork sessions at my space
- Morning meditations (indoors or in nature)
- Life & mindset coaching
- Walks, hikes, or paddle boarding (in summer) as desired
- Simple lunch (e.g. soup, bread & cheese) at my house
- Daytime guidance and dinner accompaniment if requested

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## What's not included

- Accommodation
- Breakfast and dinner
- My dinner (if you'd like me to accompany you)

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## Cancellation policy

Bookings are considered **firm once confirmed**. If you're unable to attend, please notify me as soon as possible — I'll do my best to reschedule with you.

- Up to 60 days before the weekend: full refund minus 150 CHF admin fee
- Up to 30 days before: 50% refund (incl. admin fee)
- 20 days or fewer: no refunds

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## What to bring

- Comfortable clothes or track bottoms for breathwork and meditation
- Hiking shoes and weather-appropriate gear for outdoor walks

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## Health information

Please let me know about any injuries, medical conditions (e.g. asthma, heart concerns), or if you are pregnant.