

RECONNECT WITH NATURE & YOURSELF

MAIRA VALLEY - 22/25 MAY 2026



CONSCIOUS
YOGI

HIKING & YOGA RETREAT

A mindful mountain retreat to disconnect from city life and reconnect with nature, combining breathtaking guided hikes, daily yoga and deep practices to reconnect with body and breath — all in a small, friendly group with traditional Piedmontese hospitality.

DETAILED PROGRAM:

FRI 22

From 2pm: Arrival in Marmora, Valle Maira - Room allocation, meet & tea time
5h30 pm — Opening Circle & **Yoga Nidra**
Evening: Traditional Piedmontese dinner & socialization

SAT 23

7h30 — Morning Yoga & Breakfast
Hike: **Lago Nero** Loop with mindfulness exercises on the trail
• Distance: approx. 11 km - Elevation gain: approx. 700 m
Afternoon **Sauna** & relax
Late Afternoon: Release, restore & rebalance Yoga practice
Evening: Traditional Piedmontese dinner & rest

SUN 24

7h30 — Morning Yoga & Breakfast
Hike: **Lou Viol & Fremo Cuncuna** with mindfulness exercises on the trail
• Distance: approx. 8,3 km - Elevation gain: approx. 380 m
Late Afternoon **Yin Yoga & Pranayama** practice
Evening: Traditional Piedmontese dinner & rest

MON 25

7h30 — Morning Yoga & Breakfast
Hike: **Sentiero delle Borgate di Marmora** with meditation on the trail
• Distance: approx. 8 km - Elevation gain: approx. 500 m
3pm Closing Circle & departure from Marmora: approx. 4pm

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ACCOMMODATION & MEALS

Shared rooms (triple or quadruple) with ensuite bathrooms.

Continental breakfast, picnic lunches & traditional Piedmontese dinners. Meals will be primarily vegetarian, designed to support your yoga practice, digestion and overall wellbeing, with a focus on environmental sustainability. Additional options may be available at the accommodation.

WHAT'S INCLUDED

3 nights accommodation in a traditional stone hamlet.

Full board (breakfast, picnic lunch, dinner)

All yoga, breathwork & meditation practices

3 Guided hikes with a local certified hiking guide

Sauna access on Saturday afternoon

WHAT'S NOT INCLUDED

Snacks & personal extras

Drinks other than fresh mountain water

Sauna access on other days [15 €/entrance]

Supplement for double or single room

Travel to/from Valle Maira. Car-sharing will be encouraged.

PACKING LIST

Layered clothing for mountain weather including a poncho or rain/wind stopper jacket
Hiking/ Trail shoes
Comfortable hiking backpack & refillable water bottle
Sunscreen & Hat
Comfortable clothing & yoga mat for yoga
Swimwear (recommended for sauna)
Personal toiletries & medications

PRACTICAL NOTES

- All activities will be guided in English and Italian.
- There is no public transport available, so arriving by private transport is essential. Cuneo is the closest city.
- Weather in the mountains can change quickly — appropriate clothing is essential & the hiking routes may be adapted by the guide for the group safety.

RETREAT INVESTMENT

735€ per person. Deposit of 180€ at reservation - Balance at Check-in

Early bird offer: Booking before March 1st 625€

Bring a buddy: 50€ discount for one of you or free double room upgrade

CANCELLATION POLICY

Cancellation before April 22: 30% fee applied on the deposit refund

23 April – 6 May: 50% fee applied on the deposit refund

7 May – 16 May: 75% fee applied on the deposit refund

From 17 May onwards: no refund of the deposit



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