

RECONNECT WITH NATURE & YOURSELF PO VALLEY - SEPTEMBER 10/13 - 2026



CONSCIOUS
YOGI

HIKING & YOGA RETREAT

A mountain retreat at the foot of Monviso,
where walking is already practice.

Four days of guided high-altitude trekking, daily yoga
and moments of stillness in a small group — immersed in the
wild nature of Valle Po and the authentic hospitality of Piedmont.

DETAILED PROGRAM:

THU 10

From 2pm: Arrival in Oстана, Valle Po - Check-in & welcome tea
5h30 pm — Opening Circle - Yoga & **Yoga Nidra**
Evening: Traditional Piedmontese dinner & socializing

FRI 11

7h30 — Morning Yoga & Breakfast
Hike: **Balma Boves & Rio Martino Cave** with breathing exercises
• Distance: approx. 6 km - Elevation gain: approx. 200 m
Afternoon **Hatha Yoga** practice
Evening: Dinner (not included) and optional visit to Saluzzo

SAT 12

7h30 — Morning Yoga & Breakfast
Hike: **Monviso Lakes Loop & Rifugio Quintino Sella** with mindfulness
exercises and lunch at the rifugio (lunch not included)
• Distance: approx. 12 km - Elevation gain: approx. 800 m
Afternoon: Yin Yoga practice for release & recovery
Evening: Traditional Piedmontese dinner & rest

SUN 13

7h30 — Morning Yoga & Breakfast
Hike: **Ostana Village Panoramic Loop** with meditation on the trail
• Distance: approx. 9 km - Elevation gain: approx. 500 m
3pm Closing Circle & departure: approx. 4pm

NB: Good physical fitness and experience walking in the mountains is required. No prior experience in yoga or meditation is necessary: every session is accessible and adaptable.

RECONNECT WITH NATURE & YOURSELF

PO VALLEY - SEPTEMBER 10/13 - 2026

ACCOMMODATION & MEALS

Shared twin rooms with ensuite bathrooms. Possibility to upgrade to single.
Continental breakfast, 2 packed lunches & 2 traditional Piedmontese dinners. Meals will be predominantly vegetarian, designed to support the yoga practice, aid digestion and promote general wellbeing, with a particular attention to environmental sustainability.
Additional options may be available on site.

WHAT'S INCLUDED

3 nights in a twin/double room with bathroom at Rifugio Galaverna
Food (3 breakfast, 2 picnic lunches, 2 dinners)
Entry ticket to the Caves and Balma Loves
All yoga, breathwork & meditation practices
3 Guided hikes with a local certified hiking guide

WHAT'S NOT INCLUDED

Dinner in Saluzzo (Friday)
Lunch at Rifugio Quintino Sella (Saturday)
Snacks & personal expenses
Drinks beyond fresh mountain water
Supplement for single room (+60€)
Travel to/from Oстана. Car-sharing will be encouraged.

EQUIPMENT LIST

Layered mountain clothing including poncho or rain/wind stopper jacket
Hiking/ Trail shoes
Comfortable hiking backpack & refillable water bottle
Sunscreen & Hat
Trekking poles (not mandatory but strongly recommended)
Comfortable clothing & yoga mat for yoga
Personal toiletries & medications

PRACTICAL NOTES

- All activities will be guided in English and Italian.
- There is no public transport to Oстана, so arriving by private transport is essential. Saluzzo & Savigliano are the closest city.
- Weather in the mountains can change rapidly — appropriate clothing is essential and itineraries may be adapted by the guide accordingly.

RETREAT INVESTMENT

635€ per person. Deposit of 180€ at reservation - Balance on arrival
Early bird offer: Booking before July 15th 540€
Bring a buddy: 50€ discount for one of the two, your choice

CANCELLATION POLICY

- Before 7 August 2026: 30% penalty on deposit
- 8 August – 18 August: 50% penalty on deposit
- 19 August – 1 September: 75% penalty on deposit
- From 2 September: Deposit is non-refundable



CONSCIOUS
YOGI