



Tai Chi, Qigong, & Hiking Retreat • July & August

Including Horse Riding and Hiking in the Majestic National Park of Abruzzo and Molise

DURATION: 7 days and 7 nights. Options: **a)** July 21-28 or **b)** August 4-11

WHERE: At the Valcocchiara Retreat - Country House & Hiking Base

VALCOCCHIARA RETREAT is on the border within the National Park of Abruzzo and Molise. Nestled on a hill over 1000 meters high (3280 ft.), it dominates the nearby medieval village of Montenero Val Cocchiara and offers breathtaking views of the Mainerde mountain range. It is a magical place surrounded by the most amazing nature: dense forests, idyllic mountain views and evergreen valleys where the indigenous Pentri horses leisurely graze. Everywhere you look, there is a full spectrum of colors. As soon as you cross the Retreat's threshold, you'll feel catapulted into a forgotten world of pristine beauty, yet sense a familiarity—a world where you are enveloped in the healing powers of nature. A sovereign, benevolent nature. A place where one senses being part of something much bigger.

PROGRAM HIGHLIGHTS

The program includes a week of relaxation, sports, wellness, and nutritious food in the beautiful setting of the National Park of Abruzzo and Molise. Every day we'll practice Tai Chi, Qigong and hike. We will make two wonderful hikes to the 2,000+ meter-high peaks of the Mainerde mountain range; ride on horseback through the beautiful marsh valley (Pantano); relax in the Retreat's spa and enjoy unforgettable landscapes.

Our cozy dwelling—completely surrounded by nature—is an ideal center for retreats and residential seminars. It is a place suitable for travelers and groups that wish to reconnect with the purity of nature. The locale is rustic, but with every comfort where you can discover the simple pleasures of life, engage in outdoor activities, take long walks, and get in tune with the rhythms of nature. When you cross the Retreat's threshold, you'll soon sense you're becoming part of a big family. When the time comes when you eventually depart, you'll leave invigorated with an uncluttered mind.

Thanks to the overall excellence of design, the Retreat's atmosphere is extremely enjoyable and relaxed. All activities are facilitated by the arrangement of the interior and exterior spaces of the house, specifically designed to put guests at ease during their stay. Morning breakfasts are unforgettable (with cakes and homemade jams), not to mention having cocktails in the garden. We'll have lunch and dinner in the communal lounge, where we'll savor succulent meals made with local ingredients. In this room is a large stone fireplace where one can chat with other guests, have a homemade sip of liqueur, or read a good book. The lack of dividing walls between the kitchen and living room encourages a sense of authentic sharing that's hard to forget.

The house is an ideal starting point for wonderful hikes in the park, be they short or long: there's trekking suitable for all levels of hikers. Walkers will be in their element.

In one's spare time, you can take a 2-hour leisurely walk to enjoy the beautiful trails around the house. It's a short distance to the small village of Montenero Val Cocchiara with its characteristic houses and portals of ancient stone, plus a few nice local places for a rest, food, and drink. Two days will be devoted to the Mainarde treks, a hike that's suitable for walkers with little experience and others who may enjoy a more fatiguing pace. We can have a break with some open-air Tai Chi/Qigong practice amid the spectacular scenery too. Once back at the Retreat, the long day's effort will be well rewarded with a deserved rest at the on-site spa.



Tai Chi and Qigong are scheduled 1 or 2 times a day. Depending on the lighting conditions, we will either practice on the outdoor panoramic deck, in the charming indoor hall, or outdoors in the magnificent valley of Pantano. Groups are limited to 15 people maximum, since our goal is to ensure each participant's comfort and to enable all to socialize more deeply with each other and with the surrounding environment.

For further information on the Retreat's building and location, visit:

www.valcocchiaretreat.com

WHAT TO BRING: For walks, hiking shoes or possibly boots, sweater, K-way packable jacket, comfortable backpack, bathing suit, and flip flops for the pool and spa.

DAILY SCHEDULE

Friday

- Welcoming guests to the Retreat center. Check-in to rooms.
- 17:30 Visit the facility and get familiar with the week's schedule.
- 18:00-19:00 Tai Chi/Qigong.
- 19:30 Welcome drink on the outdoor terrace and then dinner inside.

Saturday

- 07:30-09:00 Tai Chi/Qigong.
- 09:00-10:10 Breakfast.
- 11:00-13:00 Visit the local area, Montenero village, and take a short hike.
- 13:30-17:00 Lunch and leisure time (relax in the swimming pool, spa, etc.).
- 18:00-19:30 Tai Chi/Qigong in the Pantano valley. Relax in the valley with a suggestive drink.
- 20:30 Dinner at home.

Sunday

- 7:00-08:00 Breakfast.
- 9:00-16:30 Hiking in the Mainarde mountains, Tai Chi/Qigong in the open air, and afterwards a bagged lunch.
- 17:30-19:30 Leisure time (relax in swimming pool, spa, etc.).
- 20:00 Happy hour in the garden followed by dinner.

Note:

Tai Chi and Qigong instruction will be adapted according to each individual's level of experience, from the novice to advanced.

Monday

- 07:30-09:00 Tai Chi/Qigong.
- 09:00-10:10 Breakfast.
- 11:00-13:00 Leisure (relax in swimming pool, spa, etc.).
- 13:30 Lunch.
- 16:30-19:00 Hiking.
- 20:30 Pizza in country side.

Tuesday

- 07:30-09:00 Tai Chi/Qigong.
- 09:00-10:30 Breakfast.
- 11:00-13:00 Hiking.
- 13:30 Lunch.
- 14:00-16:00 Leisure (relax in swimming pool, spa, etc.)
- 17:00-20:30 Horseback riding, Tai Chi/Qigong and relax in the valley with a suggestivo drink.
- 21:00 Dinner at home.

Wednesday

- 07:00-08:00 Breakfast.
- 09:00-16:30 Hiking in the Mainarde mountains, Tai Chi/Qigong in the open air, and afterwards a bagged lunch.
- 17:00-20:00 Leisure (relax in swimming pool, spa, etc.).
- 20:30 Dinner at home.



Thursday

- 07:30-09:00 **Tai Chi & Qigong.**
- 09:00-10:30 Breakfast.
- 11:00-13:30 Hiking.
- 13:30 Lunch.
- 17:00-18:00 **Tai Chi & Qigong.**
- 19:00-? Dinner, drinks, and smooth jazz to celebrate the last night together.

Friday

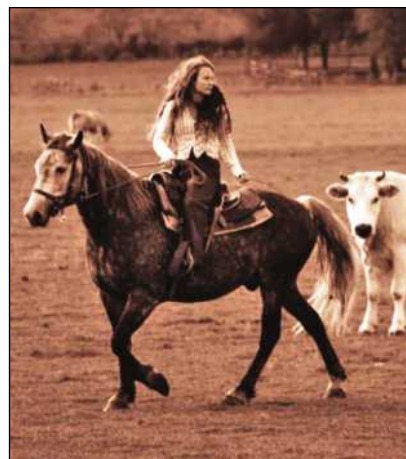
- 07:30-09:00 **Tai Chi & Qigong.**
- 09:00-10:30 Breakfast.
- 12:00 Farewell.



PRICE PER PERSON: € 1,150 (\$1,225 USD) — All inclusive!

All activities, meals and lodging are included:

- All 7 nights in shared double room with private bathroom.
- All meals from arrival to departure. Drinks, snacks and fruit always available to guests throughout the day.
- All classes of Tai Chi and Qigong with qualified instructor.
- All hiking with guide.
- All trekking with a guide on Mainerde mountains.
- Horseback riding in the beautiful Pantano valley
- Guided tour of the village and an ancient mill (museum/gallery).
- Exclusive use of the entire property: indoor and outdoor pool, sauna, garage, wifi, billiard room, all common areas indoor & outdoor.
- Helpful tips for any domestic travel.
- Pick-up from and to the train station in Castel di Sangro or Isernia.



What is not included:

- Supplement for single occupancy: 200 € (\$215 USD)
- Pick-up to and from Naples, Rome, or Pescara (to be arranged).

NOTE: Also available for groups are triple or quadruple beds:

- Accommodation in triple room: € 1000 (\$1065 USD) per person.
- Accommodation Room Quadruple: € 900 (\$955 USD) per person.

Questions?

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