

LAQUA

BY THE LAKE

RELAXING RETREAT  
FIVE SENSES

[WWW.LAQUABYTHELAKE.IT](http://WWW.LAQUABYTHELAKE.IT)

30 SEPTEMBER - 1 OCTOBER 2023

# RETREAT INFO

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## DATE

30 SEPTEMBER - 01  
OCTOBER 2023

## DURATION

2 DAYS - 1 NIGHTS

## LOCATION

LAQUA BY THE LAKE

## HIGHLIGHT

LAKE-VIEW GOURMET  
DINNER

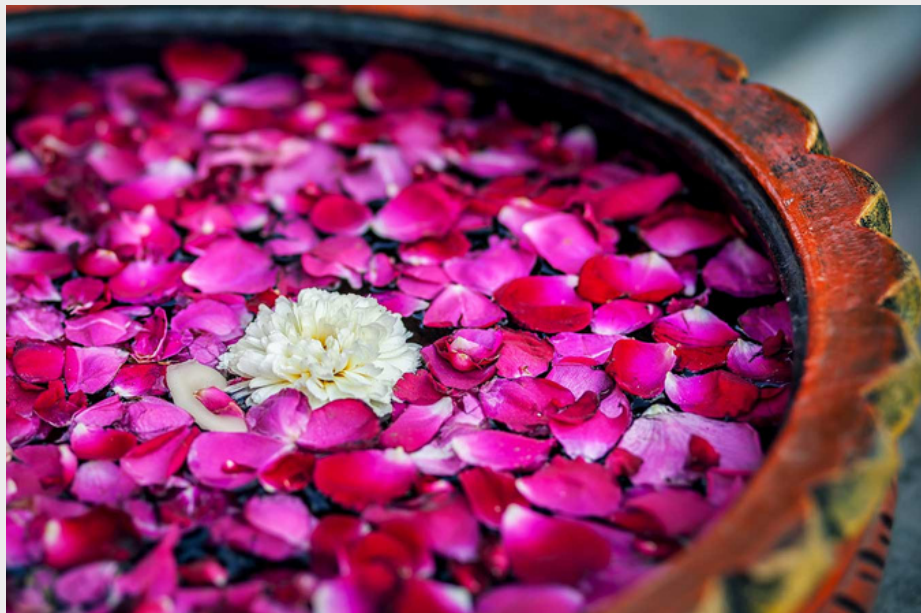
## FOCUS

MEDITATION

## WHERE

LAKE ORTA, PIEDMONT,  
ITALY

# THE 5 SENSES



SIGHT

TASTE

TOUCH

HEARING

SMELL

## RETREAT

### WHERE

In a magical place on Lake Orta, just a stone's throw from Milan, among mountains, valleys, waterfalls and streams you will rediscover the state of well-being by experiencing different meditative practices and developing the use of the 5 senses.

### WHY

Find your balance surrounded by nature: a weekend of wellness and reconnection away from daily stress suitable for everyone.

### MINDFUL

Experience a weekend of yoga and meditation practices to find yourself, meet kindred souls, and let yourself be pampered by Antonino Cannavacciuolo's signature gourmet dinner.



# THE VENUE

The resort has 19 Suites of different sizes and types, either lake view or with a garden in a small private bay. You can experience a state of well-being between the sandy beach, the lake-view infinity pool and the spa dedicated to cryotherapy.

## PROGRAM

### SATURDAY 30 SEPTEMBER

9.00 am: arrival and check-in (\*)

Welcome gathering with the master

10.00 – 11.00 am Yoga Practice

11.30 – 12.30 am Breathing Practice

1:00 – 5.00 pm Free Time and room check-in (\*)

5.30 – 6.30 Relaxation Practice with essential oils

8.00 pm Gourmet Dinner curated by Chef Antonino Cannavacciuolo at the lake front Bistrot

10.30 pm Night practice under the stars

### SUNDAY 1 OCTOBER

9.00-10.00 am Breakfast

10.30-12.30 am Nature Bathing with walk along the lake and Meditation Practice (\*)

(\*) room check-out by 11:00 am

12.30 am - 3.00 pm Free time

3.00 – 4.00 pm Relaxation Practice with Tibetan bowls

4:30 pm Final greetings

### WHAT'S INCLUDED

one-night stay in the suite of preference

4-course tasting menu dinner at the bistro

all yoga and meditation practices included in the program

breakfast buffet

PRICE  
PER PERSON

SINGLE USE

Garden view Euro 979,00

Lake view Euro 1.119,00

Panoramic lake view Euro 1.229,00

DOUBLE USE

Garden view Euro 734,50

Lake view Euro 804,50

Panoramic lake view Euro 859,50

SHARING SUITE

THREE GUESTS SHARE USE

Lake view King Suite Euro 579,00

Master Suite with private garden  
Euro 529,00

FOUR GUESTS SHARE USE

Lake view King Suite Euro 623,00

Master Suite with private garden  
Euro 564,00

CONTACT US: [LAKE@LAQUARESORTS.IT](mailto:LAKE@LAQUARESORTS.IT)



# IL MAESTRO RAJAN GUALTIERI

born in Rome but of Indian background, from a young age he felt the need to deepen his inner knowledge and spirituality, going through the study and experimentation of different techniques.

He devotes himself to Meditation and the development of personalized programs and techniques for managing daily stress, based mainly on ancestral breathing and relaxation techniques.

Finding that point of contact between two worlds and two cultures: East and West.

All this research has now sprung into developing special Mindfulness programs to increase the ability to concentrate and the development of mental clarity in high-stress situations.