

LAQUA

BY THE LAKE

SOUND ALCHEMY
RETREAT

WWW.LAQUABYTHELAKE.IT

13 - 15 OCTOBER 2023

RETREAT INFO

DATES

13 - 15 OCTOBER 2023

DURATION

3 DAYS - 2 NIGHTS

LOCATION

LAQUA BY THE LAKE

HIGHLIGHT

THE HEALING POWER OF
SOUND

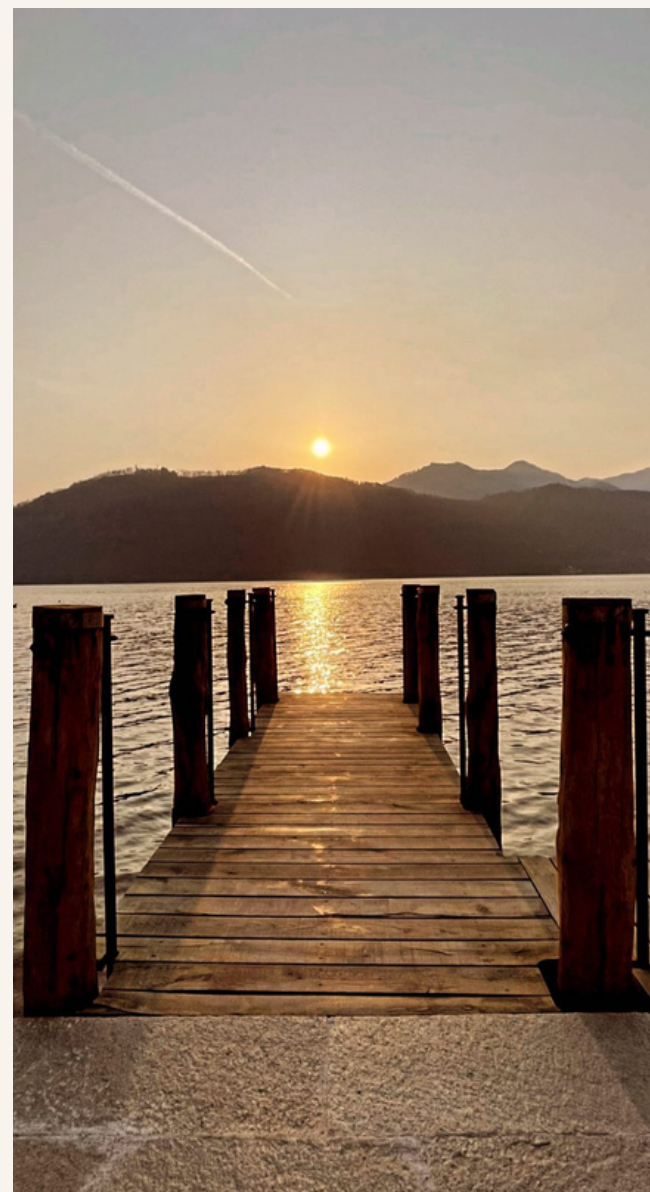
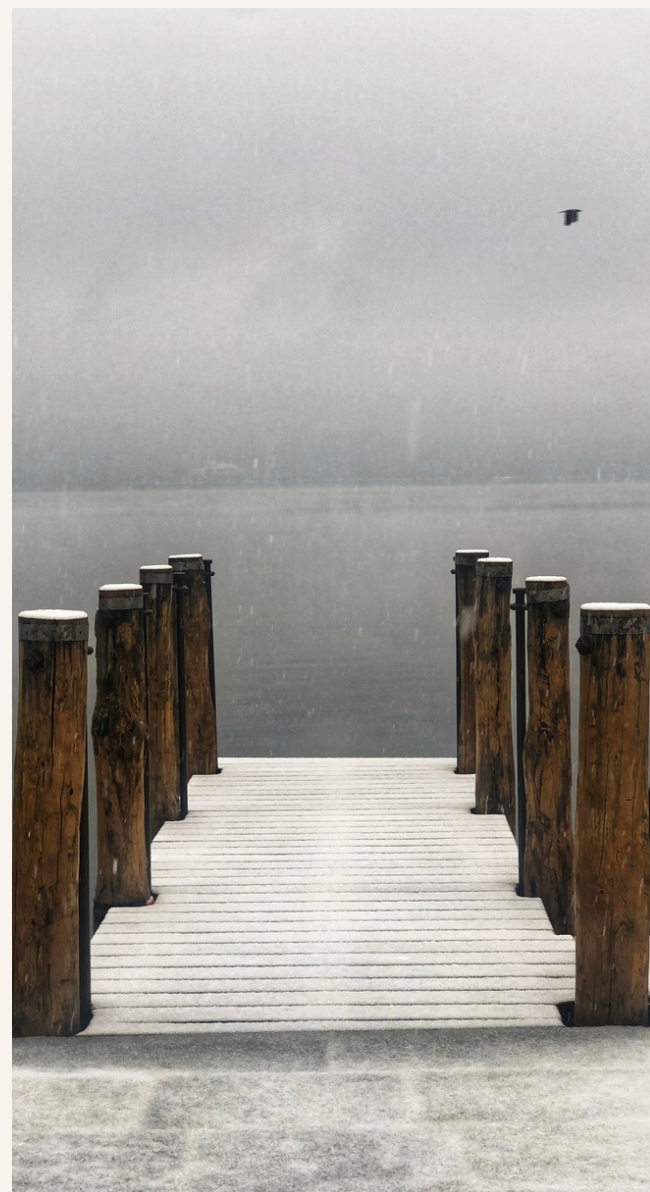
FOCUS

TRANSFORMATION

WHERE

LAKE ORTA (PIEDMONT,
ITALY)

THE 3 PHASES OF THE ALCHEMIC OPERA



NIGREDO

ALBEDO

RUBEDO

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 your state of well-being through listening to yourself and rediscovering deep harmony.

WHY

Regain your equilibrium immersed in the healing power of sound: an intense stay of well-being and reconnection away from daily stress suitable for everyone.

TRANSFORMATION

As in the Alchemic Opera, the retreat will develop through three main phases of transformation: NIGREDO, ALBEDO and RUBEDO. Each of these operations symbolizes a passage which, metaphorically, the practitioner will be able to experience during the retreat: PEACEFULNESS, TRANSFORMATION and REBIRTH.



THE VENUE

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

PROGRAMMA

FRIDAY 13 OCTOBER NIGREDO

3:00 pm Arrival and check in (*)

Welcome gathering with your
masters

5:00 pm Welcome SOUND Healing
Journey lasting 90 minutes

SATURDAY 14 OCTOBER ALBEDO

8.00-9.00 am Yoga class (on
request with supplement)

9.00-10.00 am Breakfast

10.00-11.30 am - Sound
awakening

11.30 am - 4.00 pm Free time

4.00 - 6.30 pm Sound Bath

SUNDAY 15 OCTOBER RUBEDO

8:00-9:00 pm Yoga class (on
request with supplement)

9.00-10.00 pm Breakfast

10.00-11.30 am - Sound
awakening & Om Chanting Circle
noon - final greetings and check-
out

PROGRAM

WHAT'S INCLUDED

2-night stay in the suite of preference

all scheduled practices

buffet breakfast

NOT INCLUDED:

lunches and dinners featuring the cuisine of Chef Antonino Cannavacciuolo in his lake-view bistro

possibility to enrich your stay with moments of relaxation in our wellness area or yoga session

city tax

PRICE
PER PERSON

SINGLE-USE SUITE

Garden view Euro 1.389,00

Lake view Euro 1.589,00

Boathouse Euro 1.809,00

Panoramic Lake View Euro 1.889,00

DOUBLE-USE SUITE

Garden view Euro 1.029,00

Lake View Euro 1.129,00

Boathouse Euro 1.239,00

Panoramic Lake View Euro 1.279,00

SHARING SUITE

THREE GUESTS SHARE USE

Lake view King Suite Euro 1.679,00

FOUR GUESTS SHARE USE

Lake view King Suite Euro 1.519,00

CONTACT US: LAKE@LAQUARESORTS.IT



YOUR MASTERS MARIACRISTINA E LUCA

In the Indonesian language HATI SUARA literally means: The Sound From The Heart. HATI is the heart – the core of the soul and care, SUARA is the sound – melody and vibration. HATISUARA is an Italian sound healing duo, trained in BALI and is made up of Mariacristina Busso and Luca Saini.

Luca and Mariacristina are two tireless travelers, Luca is a director and visual artist, Mariacristina is an artistic restorer and decorator.

For about ten years, they have shared a love for research and the study of sound, in the artistic, therapeutic and ritual fields - from native and traditional cultures, to the most recent research in the field of states of consciousness and neuroscience.

For several years they have been offering individual and group sessions of Sound Healing, Cocoa Ceremony, Ecstatic Dances - Silent Disco, Forest Therapy, in retreats and workshops in Italy and abroad.

LAQUA

BY THE LAKE

VIA LEGRO 33,
PETTENASCO (NOVARA)
LAGO D'ORTA, PIEMONTE

INFO & BOOKING: LAKE@LAQUARESORTS.IT