



**10. bis 13.
Juli
2025**

Digital DeTox Retreat

Get away from the hustle and bustle of everyday online life at Hotel Bellavista, Ftan with hiking, yoga, mate tea ceremony, midnight bath at Laj Padnal (participation for external guests on request)

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| Thu 10. July 18:00 | Cosy arrival / Yoga Nidra |
| Fri 11. July 8:15 | Guided hike to Piz Clünas in the fantastic setting of the Lower Engadine Dolomites with Felix |
| Sat 12. July 8:15 | Pure relaxation: <ul style="list-style-type: none">- Yoga with Inglina- Mate tea ceremony with Cyrill- Hike to Laj Padnal with swimming and Swiss Ice Fiddlers |
| Sun 13. July | Rich brunch and departure |

Package price: from CHF 405 (3 nights incl. breakfast, per person), please book via direct contact

Contact: info@bellavista-ftan.ch or phone +41 81 864 01 33



