

# ALCHEMY HEALING DAY RETREAT

*Moving closer to our true nature with yoga, sound, cacao and reiki healing*

- Date: 14th September at Castel Fragsburg (10 am to 5.30:pm)
- Limited places available!

The Alchemy Healing Journey with Madeleine & Arianna is a special **one-day retreat** that gently guides you back into connection with your body, your inner wisdom, and your true essence through healing spiritual practices. Together, you will reconnect with your innate ability for self-regulation and healing, supported by the power of community.

**Because healing happens in circle. No one heals alone.**

Arianna & Madeleine weave together knowledge from Traditional Chinese Medicine, Taoist and yogic philosophy, ancient healing traditions, energy work, and somatic practices, inviting more presence, depth, and light into your life.



## ***PROGRAMME:***

### **Morning:**

- 10 am: arrive in the space, first meditation and aura cleansing
- 10:30 am: Introduction & Intention Setting with Mandala Creation
- 11 - 13 am: TCM inspired Yoga class from Yang to Yin with Ari & Reiki Healing with Maddi

*Lunch break (1 pm): with light, healthy, vegetarian food prepared by Castel Fragsburg*

### **Afternoon:**

- 2 pm: Smudge creation workshop with Alchemy Spa Manager & Healer Renate Gamper
- 2:30 pm: Chakren & Reiki - our energetic body (Nadis, Chakras, Ki)
- 3:30 pm: Sound Bath & Reiki - a powerful connection to our body, mind and soul
- 4:30 pm: Closing Cacao Ceremony & Sharing circle

*Teaching language: English/ Italian / German according to the participants*

## *YOUR GUIDES*

### *ABOUT MADELEINE*

Madeleine found her way to energy healing through her own path of inner growth and transformation. On this journey, she explored Reiki, Water Healing, and Active Consciousness. Grateful for the shifts these practices brought, she now shares them with others offering gentle support to help them heal, reconnect with themselves, and rediscover their own strength.

@art.of.healing.madeleine



### *ABOUT ARIANNA*

Arianna Piazzzi is a yoga teacher, ceremonialist and sound alchemist. Her mission is to offer a refuge from the noise of the world, guiding others in rediscovering joy, inspiration and connection. Through the art of rituals and the wisdom of ancient practices, she creates spaces where the heart leads, where slowness is celebrated and where the sacred is weaved back into everyday life.

@aripiazzzi

[www.ariannapiazzi.com](http://www.ariannapiazzi.com)



### *RENATE GAMPER*

Healer and Manager of the first Alchemy Spa in South Tyrol at Castel Fragsburg. She will teach us the power of local plants and how they can support us for energy cleansing and healing.



### *What to bring*

**Comfortable clothes** for the morning yoga practice, a change of clothes for the afternoon - **something light and comfortable** that you like for our reiki, sound and cacao ceremony, a **scarf or light sweater** to keep you warm during meditation and sound bath.

**Price per person 180€**

(including a full day of yoga, energy cleansing, reiki healing, sound bath, cacao ceremony, a light lunch and water for the day)