



# hiking & Yoga

# in the Dolomites

with Egon Castlunger & Rafael Ebner

Immerse yourself into the world of the Dolomites, enjoy hiking, Yoga and the Ladinic hospitality

The Dolomites; Eastern Alps, in between South-Tyrolean straightness and Italian charm. This is where the „Ladins“ live amidst a unique alpine environment, a people rich in cultural heritage and old traditions.

During this week we want to enjoy the energy of this very special environment, combined with excursions „inside“ through Yoga and meditation.

The pleasures of Ladinic and south Tyrolean cuisine will complete the experience. (don't expect a fasting week)

The starting point of our excursions is La Villa, a small village in Badia Valley at 1500m.

From there we will explore the Puez and Fanes natural reserves, the Sella Massive, Tofana and Alta Badia.

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|--------------|--|
| week         | • from 28.08 to 04.09 2010   |
| group        | • 5-10 people  |
| price        | • 660.- € / 990.- Fr. per person<br>• including: Apartment-House La Bercia (apartments x 2/4 persons) with halfboard-service<br><a href="http://www.valbadia.org">http://www.valbadia.org</a><br>single-room addition: 20 €/30 Fr./day |
| included     | • organisation and guiding<br>• 7 nights stay, with breakfast & dinner<br>• Yoga   |
| not included | • lunch, transportations, insurance  |
| prerequisite | • good physical condition for an average of 4-7 hrs. hiking daily - Yoga for all levels  |

*For further information & registration:*

Egon Castlunger  
in- and outdoor guide

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# Dolomites

## hiking & Yoga week



Rafael Ebner

Lives in his hometown Vienna, after travelling the world for many years, and learning Yoga with different teachers.

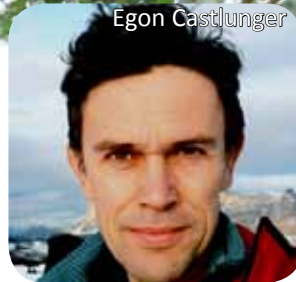
Rafael: Yoga has been my steady companion for many years, so that I have experienced many aspects and styles and learned with many different teachers of this art. Since 1999 I am sharing my experience individually or in groups.

I am looking forward to integrate Yoga into our event in the Dolomites. I see the possibility of adding a new dimension to the experience.

Tuning into the circumstances is a very important part of the adventure. Our Yoga time will be a crossing over experience of different styles of Yoga, adapted to the individual abilities of the participants and the predominant energies of each day.

All levels are welcome!

See you in the mountains, Namaste! Rafael



Egon Castlunger

Born and raised in La Villa, Dolomites. Several trainings in eastern healing arts and personal development. Lives in Zurich working as a Shiatsu therapist, Yoga teacher and outdoor guide.

Egon: I had the privilege to grow up in the Dolomites. The mountains around my native village have always made a big impression on me. Even after countless treks and adventures this area still reveals new experiences and keeps me fascinated.

My wish is to share with others my enthusiasm and connection with the mountains, and to inspire them to experience the various aspects, like the silence, the aliveness, the majesty and the flowing rhythms of the mountains, which are also part of our inner world.

My experiences as therapist and trekking guide, as well as my deep connectedness with my native mountains, will provide an excellent background for a special way of exploring the outdoors and inner worlds together.

**registration:** please register per email:

egon: [mail@castlunger.com](mailto:mail@castlunger.com)

*required information:* name, adress,  
phone, age, hiking experience.

Rafael: [rafaelebner@mac.com](mailto:rafaelebner@mac.com)

single rooms are limited. After your registration, we will send you a confirmation, with more details.