



LEFAY SPA
WORLD

MAN AND NATURE

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The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony.

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MAN AND NATURE IN SILENCE AND AMONG THE STARS: TRILOGY IN THE AIR.

The contact with nature is the first step to purify both mind and body. At Lefay Resort & SPA Lago di Garda, the temple of holistic wellness stretches into the wonderful 11-hectare park that surrounds the Resort. Within this setting, where man and nature are close to each other, three different trails have been created: the Energy and Therapeutic Garden, whose energetic stations are based on the principles of Classical Chinese Medicine; the Running Circuit and the Fitness Path for outdoor activities. Here, the physical-energetic rebalancing classes, which are an integral part of the Lefay SPA philosophy, take place in front of a unique view.

ENERGY AND THERAPEUTIC GARDEN The Symbol of Life

Consistently with the principles of Classical Chinese Medicine and the idea that there is no separation between people and their natural environment, the energy concept and the theory of the five movements have been explored both in the indoor and outdoor at Lefay SPA. Great attention has been paid to the Energy and Therapeutic Garden's project, which is the result of the collaboration between the Lefay SPA Method Scientific Committee and the designers. The "Symbol of Life" Energy and Therapeutic Garden traces the stages of life and is composed by five different stations full of symbolisms. These circuits, with various shapes, colours, essences and specific postures and meditation activities, have a significant

effect on the body and the function of indicating to the small elements that compose us, the need to enter in the nature and, perceiving it as an ally, to exercise and unwind within it.



THE GREEN DRAGON

Located in the East, it represents the renewal of nature, the spring, the dawn of life. It is in the middle of a forest and is characterised by the element wood.

ACTIVITIES

Stretching of the Meridians: postures and exercises that relax muscles, tendons and open up joints eliminating energy and mental blockages.

Perception walking: during a silent walk with closed eyes through the Park, a deep relationship with the surrounding environment develops through the simple act of walking; this allows us to rediscover "in a new and conscious way" senses that in everyday life we use only unconsciously.



THE RED PHOENIX

It is positioned in the South and represents the culmination of energy, the summer, noon. The Red Phoenix is characterised by the red colour.

ACTIVITIES

Tai Qi: slow movements and a perfectly relaxed body are the ideal state for exercising both mind and body; a refined "soft" martial art of self-defence and a form of dynamic meditation with the aim of developing our own "inner" strength.

Mindfulness Meditation: Focus on the "here and now". Maintain serenity and feel the necessary strength to eliminate negative thoughts, making room for positive and enabling reflections. The goal is to achieve a state of deep well-being, feeling that everything is wonderful and perfect.

It is suggested to perform the practice at sunrise; the ideal moment for mindfulness meditation.

金

THE WHITE TIGER

This is positioned in the West and it is the mirror of inner place. It represents the start of gathering and meditation, Autumn and sunset. The colour white and metal benches dominate in this area.

ACTIVITIES

Yoga: an ancient wisdom system which aims to reunite soul and spirit, eliminate influences and provide greater awareness of our vital and physiological processes and, more generally, of our whole body.

Stress-relieving breathing: controlling and being aware of our breathing facilitates the elimination of toxins, improves blood and lymphatic circulation, frees us from anxiety and fear, strengthens the immune system, improves digestion and purifies the body.

It is suggested to perform the practice at Sunset; the ideal moment for this type of meditation.

水

THE BLACK TORTOISE

The Black Tortoise is found in a valley facing North. It is the station of the relationship with ourselves and is associated to Winter and the end of the day. It features a rocky cave, a small river and benches of bare rock.

ACTIVITIES

Qi Gong: Chinese practice that in its simplicity teaches us to go deep within ourselves by momentarily closing the doors to the outside world; this allows us to learn, through body, mind and breath, all about us.

Conscious full-body walking: reprogramming the entire body through the experience of walking. The aim of the session is the perception, understanding and experiencing of the lesser known but fundamental body principles that are triggered when we walk in the nature. A deep-rooted, effortless form flows and uncovers a new way of walking. Every single step is not only a discovery of the outside world but also of the inside.

土

THE CENTRE

This station is located in the centre of the energy healing garden on a hill covered in yellow flowers. It is the energy connection of all the stations and offers unique breathtaking views.

ACTIVITIES

Qi Gong's six healing sounds: Liu Zi Jue or "The Six Healing Sounds", is an ancient form of Qi Gong, composed of slow, wide and harmonious exercises performed together with vocalisations of six specific sounds during exhalation. Posture and movements "resonate" with the pronunciation of the six syllables, increasing their effectiveness. It energises and provides calmness, helping to cure some chronic diseases.

Zazen Meditation: to awaken to True Life and help us overcome attachments. Zazen, "simply sitting" means sitting without looking to achieve any goals or expectations, without wanting anything and without thinking. The difficulty lies precisely in this word: simply. Zazen means abandoning knowledge to enter into non-knowledge, embracing all things and not just one. The revelation of what we really are, the rediscovery of what we have always been.

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) **€ 110,00**

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN *The Symbol of Life*
PRIVATE SESSIONS (90 min.) **€ 160,00***
FOR TWO PEOPLE **€ 190,00**

*To find your way within the energy therapeutic garden, we suggest you look at the map of the outdoor wellness trails, available at the SPA Reception

RUNNING CIRCUIT

The Wind and the Hill, in Rhythm with your Stride

It winds for 2 km among hills and through woods and has an overall altitude difference of approximately 150 metres. It is particularly suitable for running lovers and for those who wish to begin their activities with effective walks.

FITNESS PATH

Shape and Colour

This trail consists of eight stations where exercises to improve tone and muscular elasticity can be carried out.

NATURAL WELLNESS

THE TRAILS OF THE FIVE ELEMENTS

Five trails that combine exercise and meditation activities with massages dedicated to the individual energetic condition, in symbiosis with nature, all its aspects and stages.

THE GREEN DRAGON

Suggested for impulsive and nervous people.

- 1 Stretching of the Meridians
- 1 Perception walking
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Green Dragon: handles the energy lines of spring or sunrise, meridians of the liver and the gall bladder, and has a relaxing effect on the muscles and all over the body.

€ 320,00*

THE RED PHOENIX

Suggested for anxious people; it expands the senses, stimulates joy and harmony with nature.

- 1 Tai Qi
- 1 "Mindfulness" Meditation
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Red Phoenix: works on the energy lines of summer or midday, meridians of the heart, and has a relaxing effect, as the Red Phoenix that is reborn from its ashes with renewed energy to live a more balanced and less anxious life with less anxiety in respect of the

state of "pathological joy".

€ 320,00*

THE WHITE TIGER

Suggested for people experiencing weakness, tiredness, melancholy.

- 1 Yoga
- 1 Stress-relieving breathing
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The White Tiger: involves the entire body and works specifically on its energy points "that give orders to the body". It is connected to sadness, determined by the great emptiness of the lung's "Qi", and is aimed at curbing feelings such as self-closure and melancholy.

€ 320,00*

THE BLACK TORTOISE

Suggested for people experiencing stress.

- 1 Qi Gong
- 1 Conscious walking with the whole body
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Black Tortoise: deeply nourishes the body, rebalancing the energy lines that "reinforce the body's structure". It has an anti-ageing effects, provides tone and vitality to the energetic functions that sustain us.

€ 320,00*

THE CENTRE

It connects all energy stages of a person.

- 1 Qi Gong's six healing sounds
- 1 Zazen Meditation
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Face and Body Massage of the Centre: focuses on the man's inner core, placed on a line called "The Line of Light" (Yang Ming), which runs right over the face.

€ 320,00*

*Suggested with at least one night's stay.