

A photograph of two women embracing in a lush garden. The woman on the left has long dark hair and is wearing a white long-sleeved top. The woman on the right has long brown hair, is wearing a red top and blue jeans, and has her eyes closed. They are standing in front of a large tree with green leaves. The background shows a garden with various plants and a wooden fence.

OPENING UP TO LOVE

A two-day retreat with Sophie
Claire Annen and Alain

QI GONG | EMBODIMENT | SOMATIC PRACTICES |
CONSCIOUS TOUCH | SHADOW WORK | SHAMANIC DRUM

22-23 AUGUST 2026

CA.STELLA FARM, MERIDE (CH)

OPENING UP TO LOVE – 22–23 AUGUST 2026

This retreat is an invitation to reconnect with the deeper essence that connects us all: love.

Fully letting love in requires us to meet the layers of protection that prevent us from feeling love as the primary quality we are made of.

Through guided experiences of *movement, conscious touch, and relational exploration*, we open up to a state of presence in which we are able to meet ourselves, the other and life itself with an open, receptive heart.



CA.STELLA FARM, MERIDE (CH)

OPENING UP TO LOVE – 22–23 AUGUST 2026

By observing what happens within us as we move through a given experience, and the language of our body as it subtly contracts or softens, we begin to reveal something about ourselves.

We discover where contraction and resistance live, and where expansion and softness begin to vibrate.

We uncover the needs of our body to feel safe, open to trust, joy, and pleasure.



CA.STELLA FARM, MERIDE (CH)

OPENING UP TO LOVE - 22-23 AUGUST 2026

We will practice creating space for and holding opposite qualities within the body;

Meeting one another from a place that can embody both tenderness and strength, openness and boundaries, gentleness and personal power - all held within the spacious container of love.



VEGETARIAN MEALS | IMMERSION IN NATURE |
CONNECTION WITH ANIMALS AND THE LAND |
MOMENTS OF SILENCE

Full weekend of practices + all meals + accommodation:
CHF 390.-

CA.STELLA FARM, MERIDE (CH)

OUR HOME FOR THE WEEKEND – CA.STELLA FARM, MERIDE

Ca.Stella FARM is located in Meride, within the UNESCO World Heritage site of Monte San Giorgio.

Immersed in nature, it was born from the careful restoration of a historic saurolo factory.

Today, it is home to a variety of animals – horses, alpacas, donkeys, and goats – all accustomed to human contact, offering a warm, welcoming, and authentic environment.



www.castellafarm.ch

OUR HOME FOR THE WEEKEND – CA.STELLA FARM, MERIDE

Rooted in values of inclusion and participation, the project fosters care for sustainability and social awareness.

It offers an ideal space to slow down, reconnect, and return to inner balance.



OPENING UP TO LOVE - 22-23 AUGUST 2026

Language: Italian and English (if requested)

“The key to loving is to become more permeable to love, let it all the way into us, so that it can live and breathe from inside out.”

– John Welwood

For more information and to reserve your place:
sophie.annen@outlook.it

CA.STELLA FARM, MERIDE (CH)