



natural feeling

Festival

From October 16th to October 18th

Astoria Resort

Viale Trento 9 - Riva del Garda



Contact us



0464 576657



info@astoriaresort.it



THURSDAY, OCTOBER 16TH

Chicchi di benessere

2 p.m.

COFFEE BREW LAB – GIULIA & MARGHERITA
MAGNIFIKA

An experience where taste meets ritual and
conscious living. (€30,00 p.p.)

3:45 p.m.

COFFEE SCRUB WORKSHOP WITH
NATURAL FEELING PATH

Create your own coffee scrub and face mask,
apply them during your journey through the
Natural Feeling spa, and enjoy a moment of
pure relaxation. (€20,00 p.p.)

6 p.m.

SOMATIC YOGA – GIULIA,
SOUL SHAKTI LOVE

Through slow, mindful, breath-led movements, this
practice helps release tension, rebalance the nervous
system, and reconnect you with your inner self.
(€15,00 p.p.)

7:15 p.m.

BAR CLASS – LOUNGE BAR

A sensory experience that blends creativity and
taste, where you'll learn to craft a drink using
locally inspired ingredients, carefully selected to
express the character and flavors of the place.
(€25,00 p.p.)

FRIDAY, OCTOBER 17TH

Suoni e Sapori d'Oriente

9 a.m. - THE RITUAL OF BREATH & SOMATIC YOGA

GIULIA, SOUL SHAKTI LOVE

Through conscious breathing and slow, deep movements, this
practice guides you into a space of listening and release.
A regenerative experience to rebalance body and mind, dissolve
tension, and reconnect with yourself.

(€20,00 p.p.)

10:45 a.m. - FACE YOGA

Tone, relax, and brighten your face through simple exercises
and targeted self-massage. Awaken facial muscles, boost
circulation, and bring new vitality to your expression.

ORE 11:30 - SOUND MEDITATION WITH TIBETAN SINGING
BOWLS WITH SARA BERTÒ, AWEN CENTRO DISCIPLINE
OLISTICHE

A deep meditation that, through the vibrations of Tibetan singing bowls,
relaxes the mind and body, promoting harmony and inner well-being.
(€30,00 p.p.)

1:15 p.m. - LIGHT LUNCH

2:30 p.m. - Music Therapy

LAURA LOTTI

A session focused on sound and self-listening. Through active music
therapy techniques and sound dialogue, participants will have the
opportunity to work on their inner well-being. With the guidance of
the music therapist, music becomes a safe space to rediscover
deep balance. (€25,00 p.p.)

4:30 p.m. - SMUDGE BUNDLE WORKSHOP

FRANCESCA CORRADINI, LE VIE DEI FIORI

An experiential workshop where you will create your own smudge
bundle using natural herbs, to promote balance and harmony.
(€25,00 p.p.)

6 p.m. - CACAO CEREMONY

GIULIA, SOUL SHAKTI LOVE

A sacred and authentic ritual that, through pure cacao, opens
the heart and guides you to a deep connection with yourself.

(€25,00 p.p.)

8 p.m. - DINNER: THE RITUAL OF WELLNESS

MATTEO, VEGGY LAB

A sensory experience that combines taste, balance, and mindfulness.
Plant-based dishes inspired by the Eastern philosophy of food as energy,
carefully prepared to nourish the body and harmonize the senses.

(€59,00 p.p.)

*water and coffee included



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SATURDAY, OCTOBER 18TH

Oltre i confini

9 a.m. - PILATES - LAURA MIORI

A flowing practice that guides the body toward balance,
lightness, and deep strength.
Breath and movement come together in a silent dance that
retrains, strengthens, and renews. (€15,00 p.p.)

10:30 a.m. - 1 p.m.

20-MINUTE THAI MASSAGE WITH NATURAL
FEELING PATH

Una pratica antica che unisce pressioni mirate e stiramenti,
ideale per sciogliere le tensioni muscolari
e aumentare la flessibilità del corpo. (€25,00 p.p.)

CHOOSE THE OPTION THAT
SUITS YOU BEST

Festival Pass (16-17-18 ottobre) : €188,00 p.p.

Half Day Pass- Chicchi di benessere: € 69,00 p.p.

Half Day Pass- Suoni e Sapori d'Oriente: € 79,00 p.p.
(3 attività a scelta e light lunch, la cena non è inclusa)

Half Day Pass- Oltre i confini: € 40,00 p.p.

PURCHASE YOUR PASS ON
EVENTBRITE OR CONTACT US
DIRECTLY



*Prices do not include accommodation.