

Bodywork, breath, meditation!

Postural Integration intensive 2019



trainer

DR. MASSIMO SOLDATI

Frabosa Soprana

May 31- June 3 2019

A retreat for relaxation and work on yourself

This year's Postural Integration Residential Intensive will be held in the mountains, in Frabosa Soprana. The Hotel Miramonti, at 950 meters above sea level, situated in Italy between Piedmont Langhe and the Maritime Alps, on which it has a splendid view, is a family-run hotel of great quality, where we will find a competent and friendly staff, an equipped working space with all we need, the chefs Antonio Letto and Giovanna Tesio, who will spoil us with a refined kitchen (people with food intolerances and peculiarities are asked to pre-notify), with an adjoining organic garden that supplies the kitchen. We will have the coolness of the mountain, the flowers of June, the walks through the uncontaminated paths, a hot tub in the park to relax and for those who want something more access to the SPA of the hotel with sauna, turkish bath, emotional shower, Kneipp path, massages and rituals, ideal to accompany the psychological detoxification process that we will do, at a discounted price.

Those who want can bring relatives or companions (provided they do not interfere with the work on themselves) at the same special price reserved for us until all rooms have been filled. Baby-sitting service is available upon request.



When

Arrival: Friday 31st May 2019 first service including dinner

Departure: Monday 3 June 2019 last service including lunch

Accommodation: in double or triple rooms, single room with supplement.

Full board treatment including daily coffee break

Full board costs

3 days full board, prices reserved for us:

€ 72.00 per person in a double room

€ 64 per person in a triple or quadruple room

2 days full board

€ 77.50 € per person in a double room

€ 70.00 per person in a triple or quadruple room

2 day full board

€ 81.00 € per person in a double room

€ 73.00 per person in a triple or quadruple room

Single and superior room supplements

- Superior Room "Del Bosco" or "M-Room" + 5.00 € (on request depending on availability)
- COMFORT single room "easy room" + € 17.00
- Double room for single use SUPERIOR M-Room + € 27.00 (on request according to availability)
- Single room "small" + 5.00 € (only 2 available)

To be applied to the daily cost of the double room.

You can see the type of room [here](#).

SPA access

Admission to the SPA for those enrolled in the course is € 19 instead of € 29 and there are discounts on all treatments and massages.





External guests not staying at the hotel:

The use of the work room is reserved for guests staying at the hotel, if there are visits agreed with the AIPT secretariat and the Hotel it will be possible to access the work rooms with the following rates: use of the room for participants not accommodated € 15 per day. Daily rate for external guests not accommodated including lunch + break + room use) € 29

Check in / Check out rooms

Rooms are available from 2pm on the day of arrival. On the day of departure, please vacate them by 10.30. Possibility of being able to keep the room until 17.00 on the day of departure with a supplement of € 15.00 per room (depending on room availability). Additional meal + € 21.00.

How to get there

Car

You can visit this wonderful land.

A6 Turin Savona Exit Mondovì

Calculate the route with [Google maps](#)

Airplane

- Cuneo airport 40 minutes away

- Airports of Turin and Genoa at 1 hour

Train

Until Mondovì. Then local bus to Frabosa

Soprana. If there is no coincidence in the next hour call the hotel.

- Train timetables on [Trenitalia](#)

- [Bus](#) timetable

- NCC with special rates. Car rental agreement with IGS "Albergo Miramonti" discount code. Ask the Hotel.



Links:

[INTENSIVE PAGE](#)

[HOTEL WEBPAGE](#)

Hotel Miramonti, Via Roma 84, 12082 Frabosa Soprana (CN)
info@miramonti.cn.it, +39(0)174244533, fax. +39(0)174244534

Information and Registration

The intensive will combine fun, relaxation and work on yourself as always. It is a truly effective process. To make your experience more enjoyable we offer you, if you want, a free preliminary interview with the trainer, also via skype or telephone, addressing to:

AIPT, Dr. Massimo Soldati, via Scarlatti 20, 20124 Milano.

Tel.: +39 (0)2-29527815, +39 338-6485119 (msg - whatsapp).

E-mail: corsi@integrazioneposturale.it

Skype: a.i.p.t. (upon appointment)

