



LEFAY SPA
WORLD

MAN AND NATURE

02.

NEW

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 Il Simbolo della Vita

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 "Il Simbolo della Vita" 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

Restorative for restlessness, impetuosity and anger. 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.

Recommended massage: **The Green Dragon.**

The Western-style manipulation technique follows the energy lines symbolically related to spring and dawn, i.e. meridians of the liver and the gallbladder. It has a relaxing effect on the muscles and on the whole body. During the massage, olive oil flavoured with a few drops of rosemary and mint essential oils is used, along with green cromotherapy.

MON / THU
€ 115,00

FRI / SUN*
€ 126,00



THE RED PHOENIX

Stimulates the senses, encourages joy and harmony with oneself and with nature. 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

WU QIN XI- Five animals Qi Gong: ancient exercises whose main therapeutic function is to activate the Five Organs (liver, heart, spleen, lungs, kidneys) together with their related functions and energy phases. Suitable for all ages and recommended for the prevention and treatment of pathological symptoms.

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.

Recommended massage: **The Red Phoenix.**

Carried out using Chinese massage techniques, it works on the energy lines corresponding symbolically to summer and noon, i.e. meridian of the heart. It has a relaxing effect, as the Red Phoenix reborn from its ashes with renewed energy. During the massage, olive oil flavoured with essential oils of lavender and rose is used, along with red cromotherapy.

MON / THU
€ 155,00

FRI / SUN*
€ 170,00



THE WHITE TIGER

It encourages concentration and meditation. 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.

Recommended massage: **The White Tiger.**

Carried out using Western techniques. It involves the entire body and works specifically on its balancing energy points with the aim of relaxing and increasing the energy levels in the body. During the massage, essential oils of eucalyptus and thyme are used, while cromotherapy suggests white or light colours.

MON / THU
€ 115,00

FRI / SUN*
€ 126,00



THE BLACK TORTOISE

Refocuses and gathers dissipated energy in times of stress. 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.

Recommended massage: **Black Tortoise.**

It deeply nourishes the body, rebalancing the energy lines that reinforce the body's structure, with anti-ageing effects, it provides tone and vitality to all energetic and metabolic functions. During the massage, vaporised essential oils of juniper and cypress are used, while, in terms of cromotherapy, we suggest black or dark colours.

MON / THU
€ 115,00

FRI / SUN*
€ 126,00



THE CENTRE

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

ACTIVITIES

Qi Gong's six healing sounds: 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.

Recommended massage: **The Centre.**

It aims to illuminate the skin and relax the muscles of the face. It begins with the application of essential oils of lemon and lemon balm on the fingertips, where the energy lines that function on the muscles of head and face start. During the traditional draining massage, specific energy points on the head are stimulated with a profoundly relaxing effect. Here cromotherapy suggests yellow.

MON / THU
€ 115,00

FRI / SUN*
€ 126,00

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS

MON / THU
€ 110,00
(40 min.)

FRI / SUN*
€ 121,00
(40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN *Il Simbolo della Vita*
PRIVATE SESSIONS

MON / THU
€ 160,00
(90 min.)

FRI / SUN*
€ 176,00
(90 min.)

FOR TWO PEOPLE

MON / THU
€ 190,00

FRI / SUN*
€ 209,00

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

Nel Ritmo dei Passi il Vento e la Collina

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.

SKY FITNESS PATH

La Forma e il Colore

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