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LEFAY SPA  
WORLD

MAN AND NATURE

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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 *Sky 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.

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### ENERGY AND THERAPEUTIC GARDEN Il Simbolo della Vita

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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 are expressed 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

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Restorative for restlessness, impetuosity and anger. Located in the East, it represents the renewal of nature, the spring, the dawn of life. Situated in the middle of the forest, it is characterised by wooden furniture and tree cookie floor: it is surrounded by evergreen plants (ferns) and typical essences (rosemary and mint).



# 火

## THE RED PHOENIX

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It 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. It is characterised by the red colour of the pavement, the rounded shapes (like fire), the typical essences of the season (lavender) and the medicinal plants that instil serenity (passion flower). The station provides a view of the mountains and the lake.



# 金

## THE WHITE TIGER

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It encourages concentration and introspection. 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, the metal benches and the typical essences and medicinal plants (eucalyptus and birch) characterise it.

# 水

## THE BLACK TORTOISE

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It refocuses and gathers dissipated energy in times of stress. The Black Tortoise is found in a valley facing North. It features a rocky cave, a small river and benches of bare rock. There are no distracting noises or landscapes. It is the station of the relationship with ourselves and it represents Winter and the end of the day. The associated plants are juniper and geranium.



# 土

## THE CENTRE

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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 and typical medicinal plants (lemon balm). It is the connection of all the stations and offers unique breathtaking views.

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

PRIVATE SESSIONS

**MON / THU**

**€ 180,00**

(90 min.)

**FRI / SUN\***

**€ 196,00**

(90 min.)

FOR TWO PEOPLE

**MON / THU**

**€ 195,00**

**FRI / SUN\***

**€ 225,00**

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.

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**RUNNING CIRCUIT**

*Nel Ritmo dei Passi il Vento e la Collina*

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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.

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**SKY FITNESS PATH**

*La Forma e il Colore*

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

