



SOMATIC  
EMBODIMENT  
YOGA  
IMMERSION -  
ITALY

JULY  
19 - 25,  
2026

Somatic Embodiment Yoga is a deeply nourishing, nervous-system-informed practice that supports embodied awareness, authentic expression, and meaningful personal transformation.

In July 2026, Mandorla Yoga Institute brings its first international offering to the breathtaking Dolomites of Northern Italy. This immersive experience weaves together somatic practice, self-inquiry, community connection, and optional professional study within a restorative retreat setting.

Participants may attend the in-person immersion as a **stand-alone healing retreat**, or choose to continue **with online study toward a 200-Hour Somatic Embodiment Yoga Teacher Training certification**.

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# ABOUT MANDORLA YOGA INSTITUTE

Somatic Embodiment Yoga is an intuitive, trauma-informed somatic practice created by **Stefani Wilton, B.A., RMT, C-IAYT, ISTP**. The practice supports both personal healing and professional development through embodied movement, conscious breath, and nervous system regulation.

Mandorla Yoga Institute is an accredited Canadian educational institution that has supported embodied healing and professional training since 2007. We welcome students who are drawn to this work for personal growth, therapeutic integration, or those seeking to become Somatic Embodiment Yoga facilitators and teachers.

**Participants are invited to engage at the depth that feels aligned for them – whether for personal immersion or professional certification.**



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A close-up, high-angle portrait of a woman with long, wavy brown hair and light-colored eyes. She is looking slightly upwards and to the right. The lighting is soft and natural, highlighting her facial features. The background is a plain, light-colored wall.

## ABOUT STEFANI WILTON

Stefani Wilton was first introduced to somatic work in her youth through theatre arts education. As a neurodivergent individual, she was drawn to body-based expression and freeform movement as a pathway for emotional exploration and self-regulation.

This curiosity led her to complete a Bachelor of Arts in Cultural Studies, where her thesis explored redemptive themes in the arts and their capacity to support shadow integration and healing. In her twenties, Stefani's work deepened through somatic-therapy-informed yoga, mindfulness meditation, and yoga therapy training, becoming a Certified Yoga Therapist (C-IAYT) in 2009.

Her studies in Thai Yoga Massage, Myofascial-Osteopathic-informed Massage Therapy (RMT, 2200 hrs), Adaptive and Restorative Yoga, and Integrative Somatic Therapy Practice inform the unique way she integrates somatic bodywork, movement, and therapeutic education.

Stefani is a faculty member at the Integrative Somatic Studies Institute and has taught and practiced across Alberta, Ontario, and British Columbia. She now lives in Calgary, AB, where she continues to share this work through Mandorla Yoga Institute.

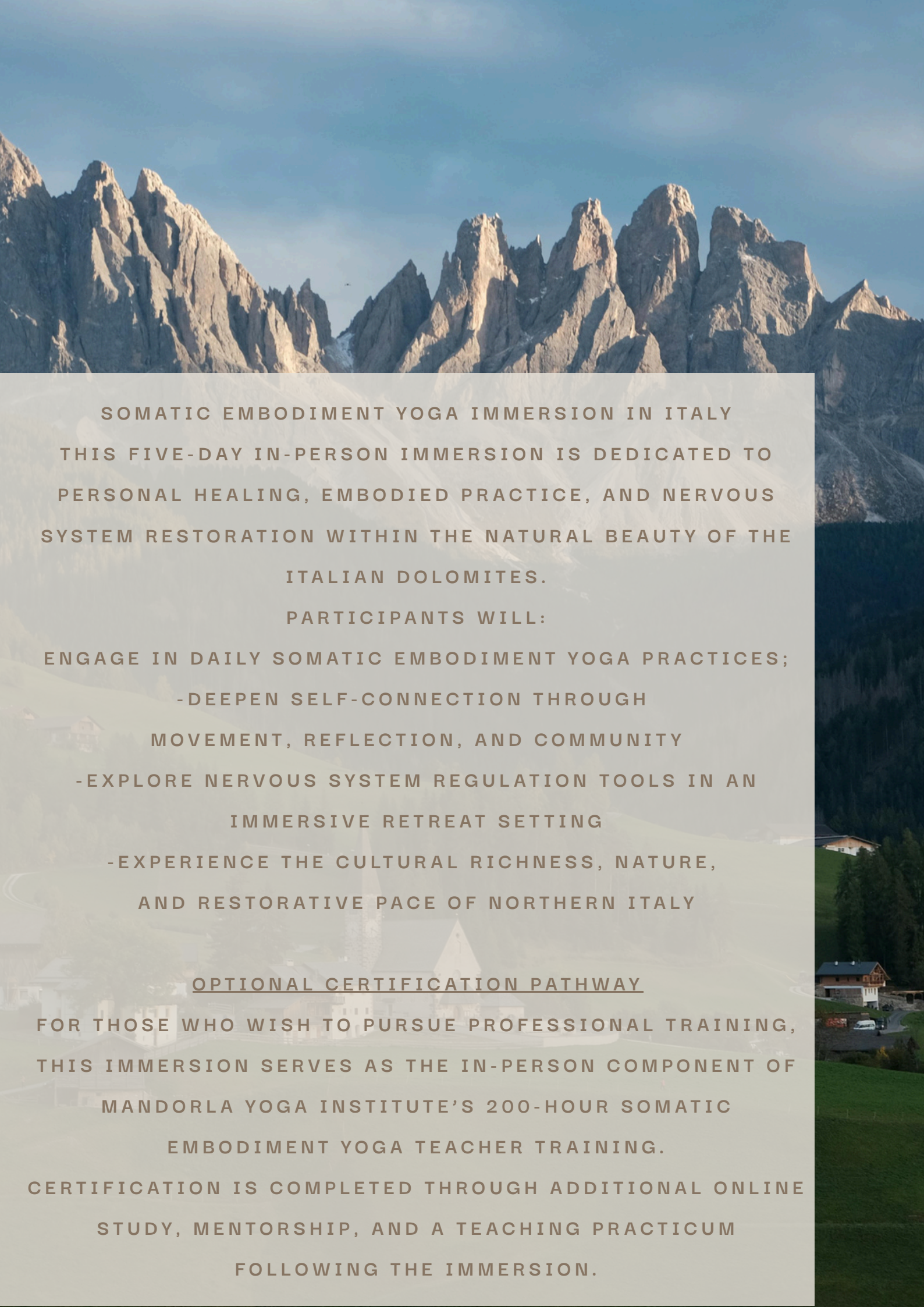


SOMATIC EMBODIMENT YOGA IS A NERVOUS-  
SYSTEM-INFORMED MOVEMENT PRACTICE THAT

INTEGRATES:

- SOMATIC MOVEMENT AND  
NEUROCEPTIVE RE-PATTERNING
- CONSCIOUS BREATHING AND  
EMBODIED AWARENESS
- FREEFORM MOVEMENT AND  
EXPRESSIVE EXPLORATION
- NERVOUS SYSTEM CO-REGULATION
- RE-WRITING THE BODY'S STORY THROUGH  
SENSATION, MOVEMENT, AND MEANING

THIS PRACTICE SUPPORTS A DEEPER  
RELATIONSHIP WITH THE BODY'S LANGUAGE,  
OFFERING TOOLS FOR RESILIENCE, EMOTIONAL  
INTEGRATION, AND EMBODIED PRESENCE



SOMATIC EMBODIMENT YOGA IMMERSION IN ITALY  
THIS FIVE-DAY IN-PERSON IMMERSION IS DEDICATED TO  
PERSONAL HEALING, EMBODIED PRACTICE, AND NERVOUS  
SYSTEM RESTORATION WITHIN THE NATURAL BEAUTY OF THE  
ITALIAN DOLOMITES.

PARTICIPANTS WILL:

ENGAGE IN DAILY SOMATIC EMBODIMENT YOGA PRACTICES;

-DEEPEN SELF-CONNECTION THROUGH

MOVEMENT, REFLECTION, AND COMMUNITY

-EXPLORE NERVOUS SYSTEM REGULATION TOOLS IN AN

IMMERSIVE RETREAT SETTING

-EXPERIENCE THE CULTURAL RICHNESS, NATURE,

AND RESTORATIVE PACE OF NORTHERN ITALY

OPTIONAL CERTIFICATION PATHWAY

FOR THOSE WHO WISH TO PURSUE PROFESSIONAL TRAINING,

THIS IMMERSION SERVES AS THE IN-PERSON COMPONENT OF

MANDORLA YOGA INSTITUTE'S 200-HOUR SOMATIC

EMBODIMENT YOGA TEACHER TRAINING.

CERTIFICATION IS COMPLETED THROUGH ADDITIONAL ONLINE

STUDY, MENTORSHIP, AND A TEACHING PRACTICUM

FOLLOWING THE IMMERSION.

# SOMATIC EMBODIMENT IMMERSION THEMES

**DAY ONE** — EARTH ELEMENT | BACK BODY  
GROUNDING, ORIENTING, NERVOUS SYSTEM  
REGULATION, AND SOMATIC AWARENESS

**DAY TWO** — WATER ELEMENT | SIDE BODY  
EMOTION, EXPRESSION, VESTIBULAR INTEGRATION,  
AND INTUITIVE MOVEMENT

**DAY THREE** — FIRE ELEMENT | FRONT BODY  
BOUNDARIES, SENSATION, AGENCY, AND  
EMBODIED CHOICE

**DAY FOUR** — AIR ELEMENT | UPPER BODY  
ATTACHMENT, BREATH, POLYVAGAL TOOLS, AND  
EMBODIED CONNECTION

**DAY FIVE** — ETHER ELEMENT | WHOLE BODY  
INTEGRATION, GESTURE, UNWINDING RESISTANCE,  
AND NARRATIVE REPAIR



# IN PARTNERSHIP WITH PURE YOGA & RETREATS



Guiding you through an exploration of the Italian Dolomites...

Your Somatic Embodiment Yoga immersion will be supported & integrated with a beautiful connection to the nature, history, food and culture of this unique region of Italy

Marnie Spoegler of Pure Yoga & Retreats will lead you through the Alps: lush alpine pastures & pristine forests, to the rising peaks of mountains & to the ruins of a medieval castle. Exploring local villages & alpine huttles where you can connect & immerse yourself in the beauty of the Italian countryside

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# NOURISH & UNWIND IN PURE EUROPEAN LUXURY



A spectacular daily menu, luxurious accommodations & European wellness area complete with 3 saunas, a steam room, indoor pool & outdoor spa are waiting for you...

Your Somatic Embodiment Yoga immersion is an all inclusive experience ~ starting the day with a delicious organic breakfast, enjoying a nourishing à la cart lunch & completing each day with an incredible five course tasting menu.

Paradiso Pure Living also offers an incredible wellness experience, 3 saunas, a steam room, relaxation areas, indoor swimming pool & an outdoor saltwater spa tub.

The perfect way to unwind and relax.

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# AT THE BEAUTIFUL PARADISO PURE LIVING



Hosted at Paradiso Pure Living

A thoughtfully curated daily menu, luxurious accommodations, and a European wellness area—complete with three saunas, a steam room, an indoor pool, and an outdoor spa—create a setting that supports deep rest and restoration.

Your Somatic Embodiment Yoga Immersion is an all-inclusive experience, beginning each day with a delicious organic breakfast, followed by a nourishing à la carte lunch, and concluding with an exceptional five-course tasting menu in the evenings.

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# SOMATIC EMBODIMENT IMMERSION IN ITALY

## *itinerary* JULY 19-25, 2026

**SUNDAY** *arrive* **19**

4:00 PM: PICK UP IN BOLZANO  
4:00 - 5:30 PM: TRANSPORT TO PARADISO & CHECK IN  
6:30 PM: APPERITIVO & PROSECCO ~ TRAINING GROUP INTRO & MEET & GREET  
7:30 - 9:30: DINNER

**MONDAY** **20**

8 - 8:30 AM: MORNING ACTIVATION YOGA (MARNIE)  
8:30 - 9:30 AM: BREAKFAST  
9:45 AM - 1 PM: SEYT IN YOGA STUDIO  
1 - 2 PM: LUNCH  
2:00 - 4:30 PM: SEYT IN STUDIO OR ON PATIO  
5 - 7 PM: RELAXATION/WELLNESS  
7:30 - 9:30: DINNER

**TUESDAY** **21**

8:30 - 9:30 AM: BREAKFAST  
9:30 AM - 1:00 PM: SEYT SESSION (STEFANI)  
1 - 2 PM: LUNCH  
2 - 4:30 PM: AFTERNOON OUTDOOR ACTIVITY  
4:30 - 5:30 PM: SE YOGA CLASS (MARNIE)  
6 - 7 PM: WELLNESS AREA & RELAXATION  
7 PM: REGIONAL WINE TASTING  
7:30 - 9:30: DINNER

**WEDNESDAY** **22**

7:30 - 8:30 AM: SOFT VINYASA FLOW (MARNIE)  
8:30 - 10 AM: BREAKFAST  
11 AM - 1 PM: ITALIAN COOKING CLASS  
1 - 2:00 PM: LUNCH  
3:00 - 6:00 PM: SEYT IN YOGA STUDIO  
6:00 - 7:00 PM: WELLNESS AREA & RELAXATION  
7:30 - 9:30: DINNER

**THURSDAY** **23**

8:15 - 8:45 AM: MOUNTAIN MOBILITY YOGA  
8:45 - 9:30 AM: BREAKFAST  
9:45 AM - 4:00 PM: HIKE TO BAURENSTEIN CASTLE & CABLE CAR RETURN (MARNIE)  
4:30 - 5:30 PM: SOMATIC YOGA (STEFANI)  
6 - 7:30 PM: WELLNESS AREA & RELAXATION  
7:30 - 9:30: DINNER

**FRIDAY** **24**

7:30 - 8:30 AM: SLOW VINYASA YOGA (MARNIE)  
9 - 10 AM: BREAKFAST  
10:30 AM - 3:30 PM: SEYT IN YOGA STUDIO  
4:00 - 5:30 PM: GUIDED HIKE & OUTDOOR YOGA  
6 - 7 PM: WELLNESS AREA & RELAXATION  
7:30 - 9:30 PM: DINNER & CLOSING CEREMONY

**SATURDAY** *depart* **25**

7:30 - 8:30 AM: SE YOGA CLASS (STEFANI)  
9 - 10 AM: BREAKFAST  
11 AM: TRANSPORT TO BOLZANO

# IMMERSION TUITION

\$3333 CAD

## **PAID TO MANDORLA YOGA INSTITUTE**

### **THIS TUITION COVERS:**

- 5 DAYS IMMERSED IN THE PRACTICE OF SOMATIC EMBODIMENT YOGA
  - GUIDED HIKES IN THE DOLOMITE MOUNTAINS
    - SUD TIROLEAN VILLAGE TOUR
  - ORGANIC WINE TASTING (OPTIONAL)
  - ITALIAN COOKING CLASS

### **ACCOMMODATION FEES (PAID TO PARADISO PURE LIVING- PRIVATE, €1320; SHARED, €1140) COVERS:**

- PRIVATE ACCOMMODATIONS WITH MOUNTAIN VIEWS FROM THE EVENING OF JULY 19 (ARRIVAL DAY) UNTIL THE MORNING OF JULY 25 (DEPARTURE DAY)
- 100% ORGANIC & VEGAN MEALS: A FULL BUFFET BREAKFAST, A LA CARTE LUNCHEs, AND DELIGHTFUL 5 COURSE DINNERS EACH DAY.
- ACCESS TO PARADISO PURE WELLNESS AMENITIES, INCLUDING 3 SAUNAS, STEAM ROOM, HEATED POOL, AND OUTDOOR WHIRLPOOL.

### **OPTIONAL 200-HOUR CERTIFICATION**

FOR THOSE WHO FEEL CALLED TO CONTINUE AFTER THE IMMERSION, YOU ARE WELCOME TO COMPLETE THE 200-HOUR SOMATIC EMBODIMENT YOGA TEACHER TRAINING THROUGH MANDORLA YOGA INSTITUTE VIA ONLINE STUDY AND PRACTICUM. AS PART OF THIS PATHWAY, THE **IMMERSION HOURS WILL BE FULLY CREDITED AND ANY ADDITIONAL TUITION FOR THESE HOURS WILL BE WAIVED.**

PLEASE INQUIRE FOR FULL PROGRAM DETAILS, INCLUDING, SCHOLARSHIPS, AND PAYMENT PLANS. CANADIAN STUDENTS MAY ALSO BE ELIGIBLE TO USE RRSP FUNDS AND RECEIVE TAX-DEDUCTIBLE TUITION RECEIPTS FOR THE EDUCATIONAL PORTION.

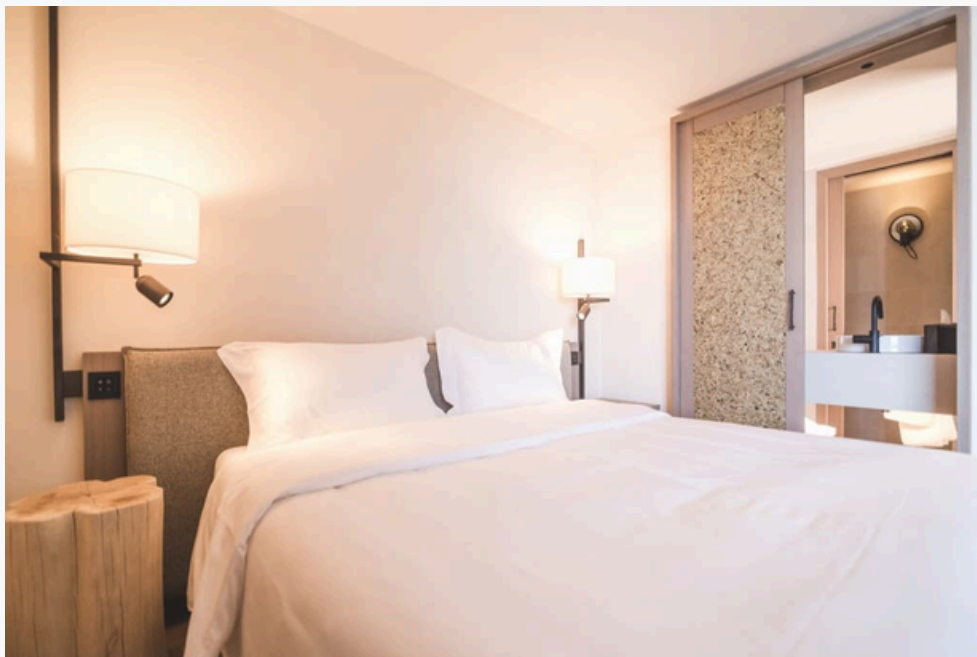


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# ACCOMMODATION AT PARADISO-PURE

[VIEW THE BEAUTIFUL ACCOMMODATION AT PARADISO...](#)



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## A FINAL MESSAGE FROM STEFANI

This immersion is an invitation to experience your own healing through a depth of presence and connection that only travel can offer.

We welcome individuals from all walks of life. While this work often draws women, all who feel called are warmly invited. This is a healing-centered experience, and **no prior yoga experience is required.**

Should this immersion spark a desire to go deeper, participants may choose—at any time following the in-person experience—to continue with the **Somatic Embodiment Yoga Teacher Training** through Mandorla Yoga Institute via online study and mentorship.

Graduates of the **200-Hour Somatic Embodiment Yoga Teacher Training** are eligible for direct entry into Mandorla Yoga Institute's **875-Hour Somatic Yoga Therapist Program**, receiving an exemption of 75 hours. This advanced training is a **government-accredited Canadian program** that offers dual certification pathways and professional recognition.



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