



A TAILOR-MADE WEEKEND CONCEPT

CurtiMethod® Retreat

WIESENHOF GARDEN RESORT ★★★★★
SAN LEONARDO IN PASSIRIA

October 23 — 25, 2026

An immersive weekend in the Val Passiria, featuring guided CurtiMethod® practice, time for yourself, and discovery of the surrounding landscape.

One method. Multiple departments. One vision.

THE CONCEPT

Movement, Body, Wellbeing

The CurtiMethod® Retreat was created to offer an authentic experience, combining guided CurtiMethod® practice, relaxation and moments of conviviality. The program includes four CurtiMethod® sessions spread across the weekend: each one has its own focus and purpose, leaving room for recovery and for the overall experience of the stay.



STUBAI ALPS · VAL PASSIRIA

What's Included

- 2-night stay at the Wiesenhof Garden Resort
★★★★
- Half-board plus: breakfast, afternoon snack and dinner (drinks not included)
- Access to the hotel's Wellness & SPA area, with pool
- Four guided CurtiMethod® sessions, as per program

Local Experiences

- Merano Experience
- Walks and nature excursions
- Bike & e-bike experience
- Panoramic ascent with the Hirzer Cable Car

Optional activities, subject to personal preference, availability and weather conditions.

Four-Legged Friends

Welcome at the Wiesenhof Garden Resort. Please check the conditions with the property.

THE PROGRAM

Three Days at the CurtiMethod® Retreat

Wiesenhof Garden Resort · San Leonardo in Passiria — October 23–25, 2026

Friday October 23 — Arrival

From 13:00 **Arrival & Welcome**
Arrival at the Wiesenhof Garden Resort, welcome and check-in.

14:00 – 17:00 **Wellness, Relax & Afternoon Snack**
Afternoon snack – light lunch, personal time and access to the Wellness & SPA area.

17:30 – 18:45 **Breathing & Tension Release** 75 min · CurtiMethod®
Breathing and tension release.

To follow **Dinner**
Dinner at the resort.

Saturday October 24 — Practice & Exploration

Morning **Breakfast**
Breakfast at the resort.

9:00 – 10:15 **Pilates Matwork** 75 min · CurtiMethod®
Using the SpineFitter®. Core, control, stability and movement quality.

11:00 – 13:30 **Merano Experience**
Departure for Merano, a walk and free time in the town center. Return to the resort around 13:30.

14:00 – 17:00 **Light Lunch, Wellness & Relax Time**
Afternoon snack – light lunch, personal time and Wellness & SPA area. Treatments and massages available on request, with supplement.

17:30 – 18:45 **Postural Work** 75 min · CurtiMethod®
Posture, balance and proprioception.

To follow **Dinner**
Dinner at the resort.

Sunday October 25 — Farewell

Morning **Breakfast**
Breakfast at the resort.

8:30 – 10:00 **Morning Body Reset** 90 min · CurtiMethod®
Using resistance bands. Stretching, posture and integration of the work done. Farewell and conclusion of the Retreat.

10:00 – 10:45 **Personal Time**

By 11:00 **Check-out & Departure**
Room check-out and departure.

Book Your Retreat

Individual CurtiMethod® Sessions

Individual 30-minute sessions can be requested during the Retreat, subject to availability. A supplement applies.

Equipment & Accessories

All necessary equipment will be provided during the Retreat, with the option to purchase the SpineFitter®.

Bookings Open

Take advantage of the **Early Booking** rate, available for a limited time.

The standard rate will apply afterwards.

EARLY BOOKING

€ 850

Standard rate € 920

AT THE PROPERTY



Scan Here

to book your stay directly
with the Wiesenhof Garden Resort

*Booking managed directly by the
property*

CURTIMETHOD® CONTACTS


CurtiMethod
Postura. Controllo. Evoluzione.

+39 377 090 9555

info@curtimethod.com

Via G. Bizzozero 7, Varese

www.curtimethod.com