

PRESS RELEASE

Welcome to Mandali: A place to explore, grow and transform.

Founded less than two years ago, Mandali is a non-profit organization that aims to offer everybody the opportunity for self-reflection, deep healing, relaxation and personal transformation. Combining meditation, yoga and periods of silence with indulgent body care and delicious food, we aim to give guests the opportunity to unwind from their busy lives and take some space to reconnect with themselves in a restful and relaxing location.

Set against the stunning natural backdrop of Italy's Lago D'Orta just above Quarna Sopra village, Mandali offers a range of themed retreats as well as an on-going program of three or five days exclusive experiences, designed for those who wish to disconnect from the daily stress and discover their own natural flow.

The center is equipped with many wonderful amenities that guests can enjoy. The rooms (a total of 35) can accommodate both those who want to spend their time in a premium, individual room or in a shared dormitory. Common spaces are designed to make guests feel comfortable and cozy, whether sipping a cup of ginger tea on the terrace or sharing a vegetarian menu in the dining area. Guests can satisfy their cultural curiosities in a beautiful library filled with inspiring books or take a break on our silent terrace and appreciate a breath-taking view over the lake. There is also the opportunity to take a walk in the beautiful surrounding forests and deeply connect with nature.

All the yoga and meditation activities take place in a temple that overlooks the village-like accommodation while the spa is located below the common area facing the lake. Enjoy a sauna, Turkish bath, outdoor hot-tub or take a dip in the swimming pool. And to fully complete Mandali experience, two rooms are dedicated to healing therapy and massage.

At Mandali we take care of the body, mind and soul to achieve a more serene way of living, and eventually learn to be more present and accelerate personal growth. Below is an overview of the most practiced experiences offered.

MEDITATION

Meditation is practiced twice a day, under the guidance of an experienced teacher.

Through sitting still and focusing on the present moment, it is proven that meditation can positively impact mind and body while also improving your capacity for concentration, emotional stability, self-compassion and stress relief.

YOGA

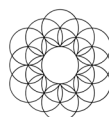
Designed to enable personal freedom and health the classical techniques of Yoga date back more than 5,000 years. Yoga forms an important part of the Mandali experience. Whether it's Vinyasa, Ashtanga, Hatha or Restorative, there's room for both beginners and experienced practitioners.

SILENCE

Periods of deep silence provide profound and long-lasting benefits. By staying silent, we are invited to let go of our outward obligations and drop into our true nature.

SPA

In the spa you will find a swimming pool, a sauna, a Turkish bath, hydro massage and the possibility to book private massages. Focusing on relaxing and caring for the body is an essential component of every stage of your journey and a practice that is often overlooked. The Mandali Body Care Centre offers a range of beautiful facilities and indulgent treatments to help you release past trauma, overcome stress and take some time to focus on self-care.



FOOD & DRINKS

Mandali believes in the principle of feeding your body as well as your soul with nourishing food, and offers its guests a fully vegetarian menu, offering three buffet-style meals a day. Vegetarianism has been strongly linked to reducing many health issues, such as heart and blood diseases: by nurturing our body with a plant-based diet, we are allowing it to thrive and rest. Every meal is curated with passion and love, and by choosing only seasonal and organic ingredients Mandali gives back to our planet in the most respectful way.

THE BUILDING

Architects Gian Carlo and Matteo Primatesta were inspired by medieval Italian villages, using local craftsmanship and traditional building materials such as marble and reclaimed wood to create a beautiful village-like feel to Mandali, with cobbled streets, arched doorways and stone walls.

SUSTAINABILITY

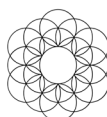
Mandali continuously strives to be an example of ecological sustainability and commitment. Recycling is important and waste is avoided as much as possible—and this has been a mandate for all the buildings and operations from day one. We have used reclaimed wood and non-toxic, eco-friendly materials for the building work, our heating system relies on natural wood chips rather than fossil fuels, and the kitchen and swimming pool are generated by solar energy. Any surplus power we produce is delivered to the main local grid so that it can be used by the local community. When it comes to maintaining the beautiful gardens at Mandali, we only use electric-powered tools for cutting and trimming the grass. We are equally conscious of the sustainability of the foods we serve, sourcing only the finest and freshest local and organic produce. We refrain from throwing any food away, preferring to be creative and efficient in the way we serve and recycle organic waste.

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