## CONTACT

www.palazzolodronbertelli.it
info@palazzolodronbertelli.it

www.ayurvedicpoint.it
info@ayurvedicpoint.it

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During these days, Ayurvedic treatments, daily practices, mindful nourishment, quiet moments and contact with nature become practical tools for cultivating health, prevention and a more harmonious lifestyle oriented toward longevity and deep well-being.

ayurvedic point

**EXCLUSIVE AYURVEDIC RETREAT**
**JULY 6 – JULY 11 - 2027**

ALBERGO
PALAZZO LODRON BERTELLI
Dimora Storica

# INNER BLOOM®

## AYURVEDIC MOUNTAIN RETREAT

Albergo Lodron Bertelli
Caderzone Terme (TN) Italy



BORGO SALUTE CADERZONE TERME

MADONNA DI CAMPIGLIO

TRENTINO

# INNER BLOOM — A Way to Return to Yourself

In the heart of Trentino, surrounded by alpine nature, thermal waters and the tranquillity of the mountains, **Inner Bloom®** is a six-day Ayurvedic retreat dedicated to restoring the balance between body and mind according to the principles of Āyurveda.

Organised by Ayurvedic Point, the School and Centre for Ayurvedic Medicine in Milan, in collaboration with the Albergo Palazzo Lodron Bertelli, a 15th-century historic residence in Caderzone Terme, the retreat is inspired by the themes of longevity, lifestyle and prevention.

Each participant will receive personalised guidance through an Ayurvedic medical consultation at the start of the retreat, followed by daily follow-up assessments, which will guide their treatments, diet and practices throughout their stay.
The medical team is led by Dr. Antonio Morandi specialist in neurology and an expert in Āyurveda.

**Arrival: Tuesday 6 July 2027**
**Start of activities: 3:30 pm**
**Departure: Sunday 11 July 2027 (afternoon)**
**6 days / 5 nights**


**INFORMATION**
info@palazzolodronbertelli.it — +39 335 8754925
Albergo Lodron Bertelli ★★★★
P.zza S.Antonio 8 - Caderzone Terme (TN) Italy












## MORE THAN A SIMPLE RETREAT

**Inner Bloom®** is an immersive experience of balance and deep listening.

Through the principles of Āyurveda, the retreat invites participants to rediscover the value of a balanced lifestyle oriented toward prevention and the cultivation of a healthy, conscious and sustainable longevity.

During this week, Ayurvedic treatments, daily practices, mindful nourishment, quiet moments and immersion in nature become practical tools for cultivating health and a more harmonious way of living.

An invitation to regenerate and bloom from within.

### THE PROGRAM INCLUDES:

- ayurvedic medical consultations
- prescribed herbal supplements
- 2 personalised Ayurvedic treatments per day
- daily Yoga practices
- breathing and relaxation sessions
- personalized vegetarian Ayurvedic meals
- access to the thermal baths (according to medical indication)
- moments of quiet and walks in nature
- access to the SPA
- talks and meetings dedicated to Ayurvedic principles, helping participants better understand the Ayurvedic lifestyle and how to maintain the benefits of the experience over time

**Inner Bloom®** is designed as a true journey of renewal: a precious time dedicated to yourself to lighten the body, quiet the mind and allow a new quality of presence, vitality and inner listening to emerge.

An invitation to slow down, release what is unnecessary and rediscover your natural rhythm in a protected, inspiring and deeply supportive environment.

LIMITED PLACES AVAILABLE