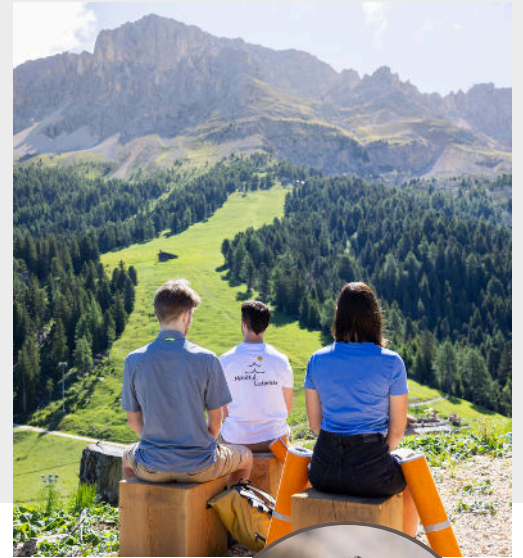


GANISCHGERHOF  
THE MOUNTAIN RESORT & SPA



## Ganis Mindful Retreat

Ganischgerhof Mountain Resort & SPA presents the partnership with **Thomas Bernagozzi, the psychologist for well-being, certified mindfulness trainer and founder of Mindful.Latemar.**

Thanks to the partnership with Thomas Bernagozzi Ganischgerhof Mountain Resort & SPA and the Ganis World offer **companies and MICE & Incentives agencies the opportunity to let their employees/clients experience the benefits of mindfulness.** On individually guided trails amidst the unspoilt nature of Val d'Ega, guests can enjoy unique experiences thanks to the Wellbeing Environment method.

This experimental approach, which also includes meditation techniques, makes it possible to **sharpen attention** and develop a sense of well-being that promotes a deep awareness of one's own state of mind and **the ability to be more present and fully conscious in the moment.**

The Hotel Ganischgerhof Mountain Resort & SPA and the Ganis World offer customised stays for groups of up to 30 people including every comfort and the support of Dr Bernagozzi and Mindful.Latemar, **the first immersive mindfulness path in Italy.** This path, consisting of 18 stations, allows you to practise mindfulness surrounded by the beautiful nature of the Dolomites and offers an unforgettable and regenerating experience.

Available in German, Italian and English.

For further information, please contact: [sales@ganis.it](mailto:sales@ganis.it)