

The „Sonnenoase“ in Lundo/Naone

(Article by Manuela Maria Walbrühl, January 2026)

The „Sonnenoase“ is a place of regeneration and culture in the region of the Lake Gardasee in Italy. It was founded by several people as an ecological and spiritual project. Various people work together there: the mental researcher and spiritual teacher Heinz Grill, employees of the project, seminar and study participants, regeneration guests, craftspeople and artists.

Heinz Grill assumes that people have a spiritual creative power and can actively shape their environment according to ideals and wisdom. Humans are therefore creative, culturally active and socially orientated. The ideas and future perspectives that are implemented in discussions, seminars and practical work have an edifying effect on the individual and at the same time on the wider environment.

To the ecology



On the way to the Naone forest glade

The ability of people to relate to their fellow human beings and to the nature plays an important role. How can an ideal ecology in terms of interactions between people and between people and nature be designed in a conducive way? - is one of the research questions.

Above Lundo in the Naone forest glade, a seminar house, the "Casa Artistica di Barbara", was built on the remains of an old ruin. Also for the surrounding meadow area existing material was used. For example, various stones from the neighbouring woodland and meadow were used to create a circular path around the glade, which is

assigned to the four seasons. The existing and the new are harmoniously refined by the wise design ideas.

All areas of the property are laid out according to mathematical calculations, starting from the seminar house as the centre point to the individual areas such as the path around the glade, the glass pavilion, the meditation area, the area for growing vegetables and others. In this way all areas are related to each other and at the same time they are emphasised their uniqueness.

The employment and implementation of organic-ecological cultivation led to the agricultural land in the neighbourhood of Lundo being gradually converted to organic-ecological farming by its owners. This is an example of how an ideal can be started by a few people and spread to the surrounding area.



View of the valley

To the spirituality

When a person learns a new skill or realises a soul-spiritual content in life, that was not previously present in him, he creates a new part of his individuality. He creates something new that doesn't come from his genetics. This results in the development of a self-effective, free and unique person.

This development potential is encouraged in the encounter with Heinz Grill. The thoughts and contents from his spiritual research open up future perspectives for the personal and cultural organisation of life. They inspire to people's spiritual creative power. The individual decides for himself to take up, explore and implement this content. In this context, spirituality means that a wisdom-filled or spiritual content radiates from the person. It expresses the synthesis of spirit and world. In this sense humans themselves become a kind of sun or sun oasis.

Places of encounter

The „Sonnenoase“ is a place where people come together to develop new perspectives in a social process, to inspire each other and to realise their creative potentials.

Free spiritual university with course of studies

- Yoga with yoga exercises, advanced training, *āsana* training days, study programme to become a yoga teacher according to the „New Yoga Will“
- Text work with philosophical, wise and spiritual writings
- Soul exercises, meditations, mental observations
- Music (Instrumental and Vocal)
- Culture and hiking days
- Future perspectives
- Study of topics, e.g. ecology, study of life powers, nutrition, pedagogy, medicine and health, artistic work, architecture, landscape design and others

Locations of the study programmes and seminars

- Seminar rooms in Lundo
- Study rooms in "Casa Artistica de Barbara" in Naone above Lundo
- Yoga studio in "Casa Cavedine" in the Sarca Valley on Lago Cavedine

Accommodation options

- Flats in an ecological wooden house in Lundo
- Rooms in renovated typical old Italian buildings in Lundo
- "Casa della Bellezza" in Tenno, a palazzo as an example of the realisation of Heinz Grill's spiritual building impulse. Viewings are also possible without an overnight stay, subject to arrangement.
<https://casa-della-bellezza-trentino.it/de/das-haus/> info@casa-della-bellezza-trentino.it
- "Casa Cares" in Cares, in the valley below Lundo. "Casa Cares" is designed especially for guests who are on holiday in Italy, regardless of whether they are attending a seminar.

The artistic design and utilisation of the houses would like to promote an individual and social living culture.

<https://yoga-und-synthese.de/haeuser-und-wohnkultur/> info@yoga-und-synthese.de

More options

Visit to the "Casa Artistica de Barbara"

A visit can also take place without participating in the study programme, e.g. to get to know the regenerative places, the architecture and the landscaping.

www.naone.it info.naone@gmail.com

Regeneration days

The regeneration days are embedded in the activities of the university with yoga practice, artistic design work, music and singing, healing nutrition, hiking and others.

<https://yoga-und-synthese.de/regenerationstage-in-lundo/> info@yoga-und-synthese.de

Work placement

A work placement of one to several weeks is possible, e.g. in the area of architecture, carpentry, ecology (forestry work, landscaping etc.), nutrition and others.

<https://yoga-und-synthese.de/praktikum/> info@yoga-und-synthese.de

Cooperation

People can apply to work on the project.

<https://heinz-grill.de/> info@heinzgrill.de

Ecology and spirituality in everyday life

Ecology in the sense of interactions between people and between people and nature can be realised with different ideals. The activities of the "Sonnenoase" project are based on mental, wise and spiritual contents. These are researched, tested and further developed so that people and the environment experience progress. The example of the following contemplation exercise (soul exercise) shows how this can be implemented.

When a person goes for a walk in the forest, he should not only seek gain for himself, but nature should also experience an improvement through him. A first step towards this is a conscious perception of nature. For example, a person looks at a tree.



Footpath to the "Casa Artistica de Barbara"
in the Naone forest glade

- What are the different shapes of the leaves, the branches and the trunk like?
- What are the colours like? Do they shine towards or are they dimmed?
- How does the tree reflect the light? Is it touched by the light or does it pull the light into itself?
- Does the tree appear self-contained or is it in connection with other trees, plants and the neighbourhood?

With conscious observation the gaze goes over to the tree. The freer the observer is from its own judgements and the freer he is from the desire to obtain a result or a particular feeling through observation, the more the person truly perceives the tree and at the same time establishes a deeper relationship with it.

This can awaken an interest. Interest in turn has an uplifting effect. The human notices how he feels a little lighter and how his spine straightens up more relaxed. His consciousness becomes freer from stressful impressions and expands outwards without getting lost in the outside world.

Conscious contemplation, which leads to interest, gives rise to new powers that weren't before available. These powers are so-called life powers. They are not physical and not visible to the eyes, but they animate the physicality of plants, animals and humans. The technical term for this life power described here is light ether. This is not to be confused with visible light. It is a kind of power within the light. This power can have different qualities. It can be stronger at times, weaker at other times or not present at all.

If a person succeeds in generating life power, it will have a direct effect on their surroundings and nature. At that moment the human gives something to nature. In this example it would be a stronger quality of power from the light ether.

"The light ether removes all heaviness from the plant and at the same time enables the immediate intervention of formative power." (1)

With this exercise humans learn the ability to generate life powers themselves.

This exercise can be practised anywhere: On your own doorstep, together with other persons or even at a holiday destination.

These and other exercises are trained on the cultural and hiking days and in the study programmes. In this way persons exercise the practical application of the content and values so that they are easier to implement in everyday life at home.



Canary Island pine
Teide National Park, Tenerife

Citation reference

- (1) Heinz Grill, Das Wesensgeheimnis der Seele, Stephan Wunderlich Verlag, Sigmaringen, 2nd revised edition 2014, page 253