



Prema Kriya Yoga

Prema Kriya Yoga Retreat in Tenerife

“Radiant Sun, Shining Moon”

July 14th - 21st/2024

PREMA KRIYA YOGA RETREAT
**“RADIANT SUN,
SHINING MOON”**
**IN TENERIFE SOUTH
CANARIAN ISLAND**
JULY 14TH - 21ST

*info Raquel Bhavani
whatsapp +34 658213100
www.premakriyayoga.com*

Come with us on this immersion in the True Essence of the soul.

There will be 7 days of profound meditation practices, yoga, mantra singing, philosophy studies and sharing together in the seaside and volcanic atmosphere of the island of Tenerife (Canary Islands).

We will be in a special place designed to be completely connected with
Mother Nature:

we will practice in front of the sea, in a quiet and secluded place, but also very close to the most beautiful beaches in the south of the island.

This will be a special retreat emphasizing our ability to open up and feel the Divine Oceanic presence: its protection and blessing; always available.

There will be practices of purification of the body and mind for deep healing and for the balance between the masculine, the sun (Surya) and the feminine, the moon (Chandra) within us in a spiritual awakening in the intuition of the Self, and revelation in Divine and unconditional Love.

Tenerife is known as the island of eternal spring and we are witnesses of this: we have been here for a year and the temperature really does not change much between one season and another, always remaining very pleasant throughout the year and with almost no rain , especially in the south of the island, where we will be.

In July temperatures vary between 21 and 28 degrees (Celsius), without rain.

The place where we will spend this magical week is a little remote, but close enough to the sea: with a 20 minute walk we arrive at a small bay, not very busy, almost deserted and it is truly beautiful.

In your free moments you can take a dip in the sea, or stay in the pool and relax...

For those who want to explore the island, we recommend renting a car (perhaps sharing with others in the group) and, during your free time, you can go to visit other beaches, or go to the Teide Volcano which is about 1 hour's drive from our accommodation . Another place we recommend is visiting the "pueblo of Masca", a very particular place in the middle of the mountains, about 40 minutes from us, where there are also bars and restaurants and breathtaking landscapes.

**Retreat program in details from July 14th - July 21st:
Intense retreat in Tenerife**

Sunday, July 14th

Arrival: check-in and greetings

5.00pm - 6.30pm - Theory Philosophy - Bhagavad Gita - Karma Yoga
6.30pm - 8.30pm - Practice Kundalini Yoga and meditation

Dinner and rest

Monday, July 15th

7:00am - 8:30am - long guided meditation, with chanting and in silence
8.30am - 10.00am - Practice Hatha Flow and pranayama

10.15am - Breakfast and free time

4.00pm - 5.15pm - chantings and anatomy theory - digestive system
5.30pm - 7.15pm - Practice Kundalini yoga, mantra and meditation

7.30pm - Dinner

9.00pm - 10.00pm - mantra theory - Adi Mantra Ong Namoh Guru Dev Namoh

Tuesday, July 16th

7:00am - 8:30am - long guided meditation, with chanting and in silence
8.30am - 10.00am - Practice Kundalini Yoga and mantra.

10.15am - Breakfast and free time

4.00pm - 5.15pm - Pranayama Theory - Refreshing breaths - Shitali, Shitkrati and Kaki Pranayama.
5.30pm - 8.30pm hatha yoga workshop - inverted asanas and short final meditation

8.30pm - Dinner and rest

Wednesday, July 17th

7:00am - 8:30am - long guided meditation, with chanting and in silence
8.30am - 10.00am - Practice Hatha flow and pranayama

10.15am - Breakfast and free time

4.00pm - 5.30pm - Theory Philosophy - the spiritual teacher
5.30pm - 7.15pm - Practice Kundalini Yoga, mantra and meditation

7.30pm - Dinner

9.00pm - 10.00pm - mantra theory - Ajai Alai
(mantra for depression, for anger and to develop the radiant body)

Thursday, July 18th

7:00am - 8:30am - long guided meditation, with chanting and in silence
8:30am - 10:00am - practice hatha flow and pranayama

10.15am - Breakfast and free time

4.00pm - 5.30pm - Chanting and Theory of anatomy - glandular endocrine system
5.30pm - 7.15pm - Practice Kundalini Yoga, mantra and meditation

7.30pm - Dinner

9.00pm - 10.15pm - pranayama theory and practice - Prana Mudra or Shanti Mudra

Friday, July 19th

7:00am - 8:30am - long guided meditation, with songs and in silence
8:30am - 10:00am - practice kundalini yoga, mantra and meditation

10.15am - Breakfast and free time

4.00pm - 7.00pm - hatha workshop - meditation asana and short final meditation

7.30pm - Dinner

9.00pm - 10.00pm - Mantra theory and practice - Adi Shakti (mantra for the Divine Mother and the feminine)

Saturday July 20th

7:00am - 8:30am - long guided meditation, with chanting and in silence
8:30am - 10:00am - practice hatha flow and pranayama

10.15am - Breakfast and free time

4.00pm - 5.30pm - anatomy - nervous system
5.30pm - 7.15pm - practice kundalini yoga, mantra and meditation

7.30pm - Dinner

8.30pm - 10.00pm - Philosophy - What is sadhana and its importance. (Satsang, meditation and chanting)

Sunday, July 21st

6.30am - 8.00am - long meditation

8:00am - 11:00am - Kundalini yoga workshop - Kriya in Kundalini Yoga – Asana, Mudra and Bandha.

11:00 - Breakfast

12:00 - 13:30 - subtle body theory - Pancha Kosha or 5 sheaths and the 3 bodies and last meditation and group meeting.

Greetings and Checkout.

LOCATION: Blackstone Surf Camp:
Ctra. TF-47, Km 5, 38677 Adeje, Santa Cruz de Tenerife, Spain

CONTRIBUTION: 1190.00 euros (Early Bird 1070 euros by 02/19/2024) per person which includes:

- one week at Black Stone Surf Camp, with half board: overnight stay in shared rooms with bathroom, 2 meals per day, vegetarian and vegan nutrition – non-violent, healthy, balancing and made with lots of love.
- All practices and study subjects starting from Sunday 14th of July until Sunday 21th of July as in the program.

PLACES ARE VERY LIMITED, book as soon as possible. Also because, the sooner you take flights to Tenerife, the cheaper and better they will be...

Note 1: For those who will stay in the accommodation in free moments and will not rent the car, know that we can help you with everything you need. Let us know.

Note 2: The closest airport to us is Tenerife South. If you need an airport - accommodation transfer, please let us know.



TO BOOK

**- Write me in private
Email premakriyayoga.it.br@gmail.com
Whatsapp +34 658 21 31 00**

**- Send a bank transfer made out to Raquel Fischer Barros IBAN IT32G 02008
01422 000103840080
Or PayPal premakriyayoga.com@gmail.com**

**We await you with immense joy for this experience and sharing of awakening
and rebirth in Light and Love.**

**There is nothing more beautiful than the sangha: the spiritual family that we
are!**

**With gratitude and wishing you the best in Prema (unconditional love)
Raquel Bhavani
www.premakriyayoga.com**

**“May Divine love shine forever in the sanctuary of my devotion. May I awaken
Divine Love in all hearts.” Yogananda**

Some pictures of the place where we will be staying:































