

YOGA AND MEDITATION RETREAT
FROM 20TH TO 22ND OF SEPTEMBER

*New Roots: regenerating the soil of the mind to
express the boundless land of the soul
and its gifts.*



Where: in Diano San Pietro, Diano Green
www.dianogreen.it
info with Raquel Bhavani whatsapp +34 658 21 3100
www.premakriyayoga.com



Prema Kriya Yoga retreat in Diano Green

New Roots
from 20 to 22 September 2024

Complet program

Friday, the 20nd

- arrival and check-in from 2.30 pm
- 5pm - short satsang and introduction to the program
- from 6pm to 7.45pm - practice of hatha/ kundalini yoga and meditation
we will explore the opening of the fifth chakra and purification
- dinner
- short kirtan and meditation before rest

Saturday 21st

-from 6.30 to 9 - sadhana with short kriya kundalini, mantra and meditation we will explore ajna chakra and the awakening of intuition

- breakfast

- free time

to dedicate to a walk, a dip in the sea or to rest

- from 3.30pm to 5.00pm – satsang to awaken intuition and find our creative expressiveness in the world

- from 6pm to 7.45pm - hatha yoga practice with pranayama and meditation

- dinner

- short kirtan and meditation before rest

Sunday the 22nd

- from 7 to 9.30 - sadhana with short kriya kundalini, mantra and meditation we will explore how to let go to Be
- brunch and short satsang with final greetings
- free check out by 3pm



Accommodation details:

The village of Dianogreen is made up of three houses, close but independents.
In addition to the rooms, each accommodation has private and shared spaces.

Country House

For 2 people

(double bedroom, bathroom and study)

On request, single use quotation

Zen House

For 2 people

(Double bedroom with bathroom)

Green House

For 2 people

Private apartment

(it is our "suite", with double bedroom, bathroom, lounge, kitchen and terrace).

It is possible to use the single sofa bed in the living room.

On request also for triple use

Contribution

580 euros (in a double or twin room)

640 euros (in a private apartment, double or single room)

Registrations

By July 15, 2024.

To reserve your place and confirm your participation, a 50% non-refundable deposit is required, barring exceptions or timely notices of cancellation.

Here are the Iban details:

Raquel Fischer Barros
UniCredit banca

IT32G 02008 01422 000103840080

Or paypal email premakriyayoga.com@gmail.com

A big hug with love,
Prema
Raquel Bhavani & Alessandra

www.premakriyayoga.com
www.dianogreen.it

“You must not let your life flow in an ordinary way; do something no one else has done, something that will amaze the world. Show that God's creative principle works through you.”

– Paramahansa Yogananda

