


SATYA: THE WAY OF TRUTH

**from 4 to 6 April 2025
with Raquel Bhavani at Dianogreen**

Yoga, meditation e deep vision to look
beyond the veil of Maya

www.premakriyayoga.com
www.dianogreen.it

Retreat Program
Satya: The Way of Truth
Truth as an experience of the Supreme Self.




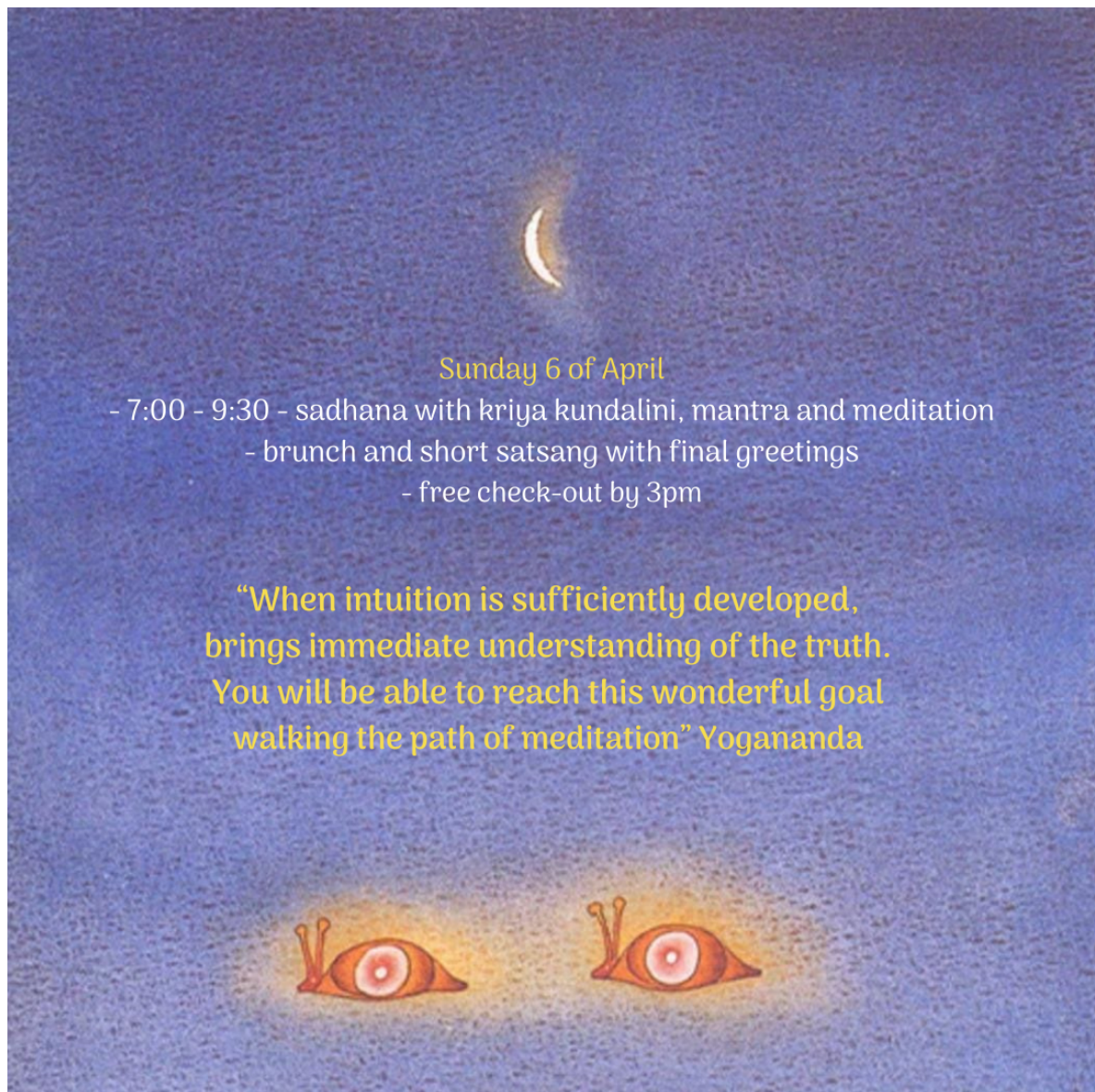
Friday 4 April

- free arrival. Check-in from 2.30pm
- 5pm - short satsang and introduction to the program
- from 6pm to 7.45pm - hatha yoga flow and meditation
- vegetarian dinner
- short kirtan and meditation before rest

Saturday 5 April

- from 6.30 to 9 am - sadhana with kriya kundalini, mantra and meditation
- breakfast
- walk in the Ciapà natural park with packed lunch and satsang
(in case of bad weather: stay & relax at home)
- from 6pm to 7.45pm - practice of hatha yoga flow and meditation
- dinner
- short kirtan and meditation before rest



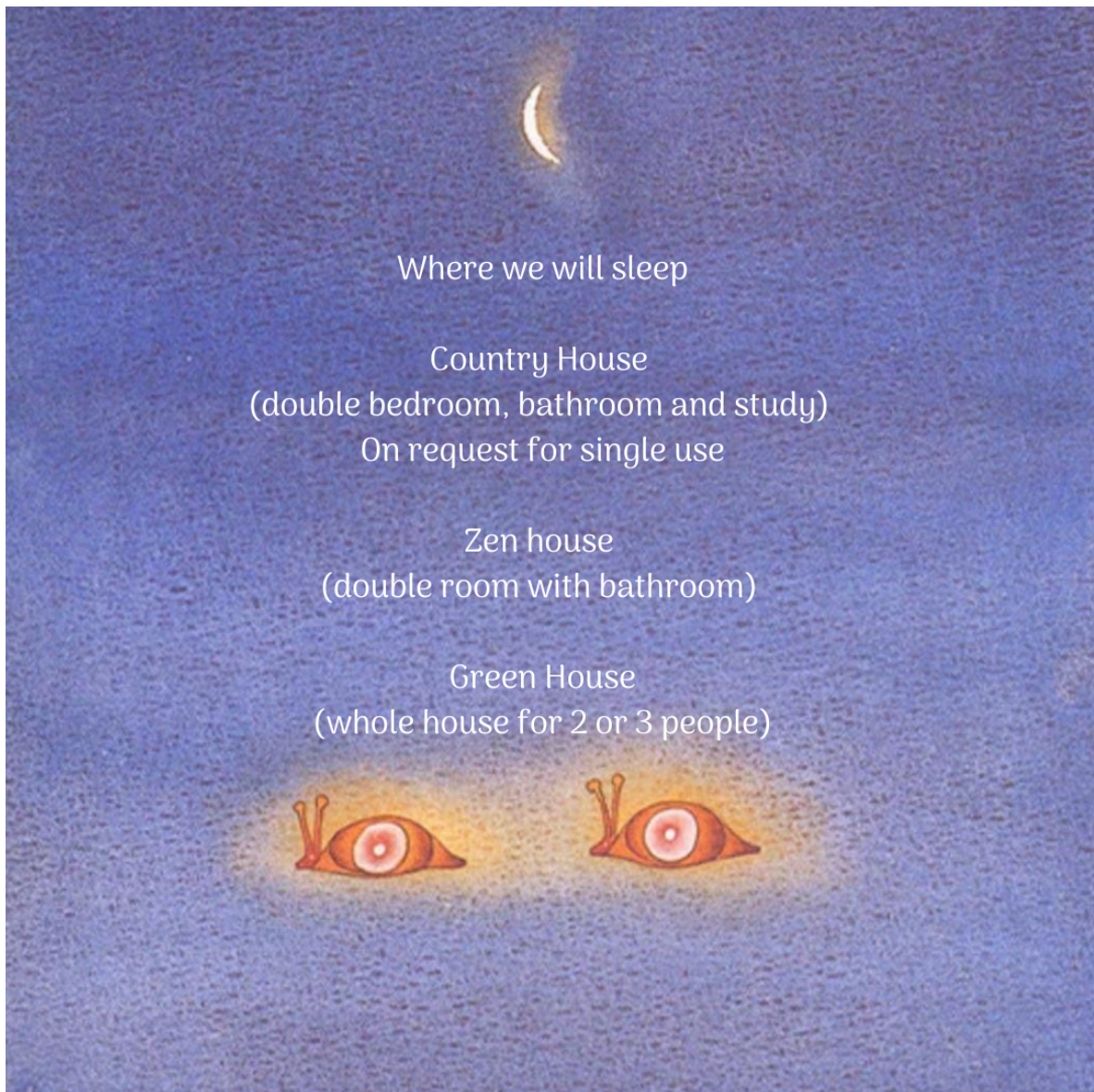


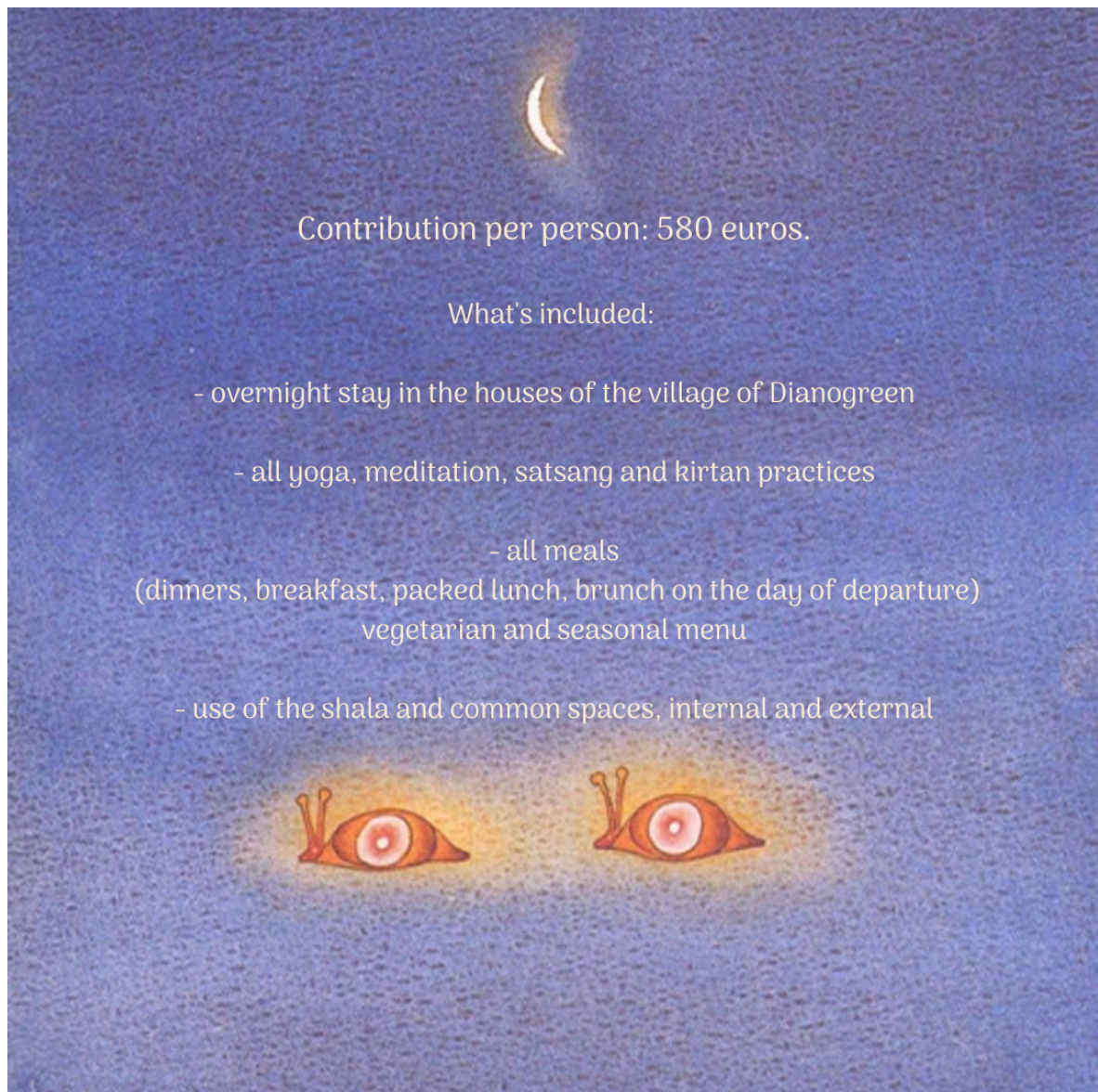
Sunday 6 of April

- 7:00 - 9:30 - sadhana with kriya kundalini, mantra and meditation
- brunch and short satsang with final greetings
- free check-out by 3pm

“When intuition is sufficiently developed, brings immediate understanding of the truth. You will be able to reach this wonderful goal walking the path of meditation” Yogananda







Contribution per person: 580 euros.

What's included:

- overnight stay in the houses of the village of Dianogreen
- all yoga, meditation, satsang and kirtan practices
- all meals
(diners, breakfast, packed lunch, brunch on the day of departure)
vegetarian and seasonal menu
- use of the shala and common spaces, internal and external

