

BE, BELIEVE, BLOSSOM



Casin'Anand ... An enchanted place for an unforgettable stay!

Let's approach the end of the year in deep Salento, at the gates of Lecce city, in Southern Italy, where a new magical location is born. Casin'Anand, the House of Joy, a 15 acres green lung devoted to slow life, harmony and balance, where Peace, Beauty and Wellness melt together to create the perfect match for Body, Mind and Spirit.

Become a living example of the mantra "Be, Believe and Blossom" by reconnecting to your true self, Mother Nature and the infinite resources that you already possess.

Tarandev, your host, has poured her soul into creating the Casin'Anand, a timeless Retreat Centre where beauty permeates every space, created to make the Earth and the Sky merge together through our human presence and practice.

In addition to the daily practice of Yoga by Tarandev and Energy Healing by Chiara, this authentic green Oasis will welcome you with:

- 12 rooms, each with unique architecture and emanating a specific atmosphere.
- Indoor Wellbeing paths that include the frigidarium for cold water immersion, the Hummam and Emotional showers, all beneath the majestic, star-shaped vaults, decorated with stones and stuccoes. These are were carved out of natural rooms where grapes were pressed by foot.
- Communal spaces and world furniture that encourage conviviality and restorative harmony.



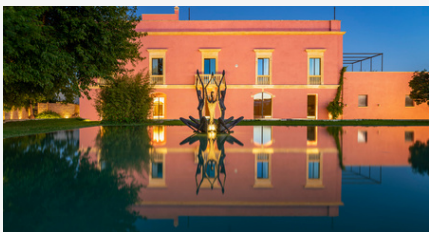
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- A wonderful yoga room under 3 cathedral ceilings with an acoustic so good that you will want to go on chanting forever!
- Organic and Zero-km food produced a few steps away in the synergetic vegetable garden a place for you to pause around the tiny pools created to collect rainwater.
- Outdoors Wellbeing with Finnish sauna, Jacuzzi, a beautiful solarium and a lounge area beneath the bougainvilleas.
- 15 acres divided into 32 thematic gardens offering sensory paths to immerse in the scents and sensations that favour meditation and wellbeing.
- A historical sacred chapel where to indulge yourself in pure Light and Bliss.
- Abundant local fauna, thanks to the ecosystem that has been recreated.
- A sumptuous olive trees garden where to practice breathwalk.
- Various patios and the Diamond Room for your practice.
- Evening birdsongs and majestic sunsets that mark the slow passage of the time at the Casina.

And much more!





TARANDEV, THE SOUL OF CASIN'ANAND.

Me, Tarandev Kaur ✨

Sat Nam dear friend

My name is Tarandev and I am a certified kundalini yoga teacher. I fell in love with Kundalini more than 10 years ago.

My teachers around the world were Sada Sat Singh and Kaur, Shiv Charan Singh, Yogi Shabad. I have attended classes at the Golden Bridge and RaMa Institute in New York, at Equilibrium in Montreal. I have been teaching at my studio in Bermuda, where I used to live.

Kundalini is a wonderful, transforming technology, very effective from the beginning, no special training is needed, "It's a train you can jump in at any moment" as Yogi Bhajan liked to say.

Coming to Casin'Anand you will have the opportunity to share the day with me and live into the harmonious, shakti connected life, discovering kundalini lifestyle. You will apply the awareness of yoga practice to daily life, acting responsibly and living in harmony and profound respect for Mother Earth.

Casin'Anand, down to every single detail, is a ultimate representaion of the change we all dream, that of a place where everything is in harmonious flow... on a special land, the land of Apulia!



www.casinanand.com

via Ofanto 5 - 73051 Novoli (Le)
info@casinanand.com +39 3762029643 ✨



Retreat with Tarandev & Chiara Cattaneo

5 days of Kundalini Yoga & AcuEnergetics®

PROGRAM

Arrival : 30/10/2024 after 3 pm - Departure : 04/11/2024 at 12 am

The classes are held in English with the possibility of being translated into French and Italian.

On the October 30, evening

- 6pm Circle of presentation and plan of the retreat
- 8PM Dinner
- 9pm short Meditation before bed time
- 9.45pm Bed time

From 31/10 to 04/11 Morning SADHANA

• From 5am to 8am by **Tarandev Kaur:**
mantras, awakening exercises, kriya, relaxation, meditation, chanting.

- From 8am to 10am Breakfast
- Free time untill lunch time at 12.30pm and time for garden and other unique experiences
- 12.30pm Lunch
- Free time untill 5.30pm
- From 5.30pm to 7.30pm with **Chiara Cattaneo:**

1st Day: Grounding techniques to help balance, strength and stability.

2nd Day Healing meditations for both mind and body including unique AcuEnergetics® light body practices (inspired by ancient Kabbala practices, developed for modern day life).

3rd Day Qigong using light movement and stillness to enhance your well being.

4th Day Simple meditation practices and HEALING TOOLS that you'll be able to take away and practice anywhere and anytime helpful to calm the mind, benefit your general physical health, helping you reconnect mind and body.

In this workshop you will open to more love, let go of stress and you'll be inspired by beautiful modern & ancient ways of understanding of your body, heart and mind.

- 8 pm Dinner
- 9 pm Last Meditation
- 9:45 pm Bed Time



Early bird
€ 100 off
up until
10/09

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THERAPIST AND ACUENERGETICS® SENIOR PRACTITIONER, COURSE INSTRUCTOR AND MEDITATION TEACHER

A Bio-electrical Healer and Teacher

Chiara offers cutting-edge treatment that work with the body's bio-electricity to support optimum health.

Acuenergetics® combines the teaching of Traditional Chinese Medicine (TCM), Judaic, Ayurvedic, Taoist and other ancient eastern traditions, while utilising scientific research from today's western medical model. This is a modern treatment modality, backed by thousands of years of ancient wisdom.

Her approach is to **RESTORE FLOW-RESTORE FUNCTION**. Since dis-ease in the body, heart and mind are caused by a disruption in the flow of your body's bio-electricity, energetically balancing the bio-electrical system will allow your body to heal naturally. This treatment will bring your body into harmony, have deep and lasting results, which will allow your body to heal faster and more naturally, while easing pain, and improving your physical and emotional health.

Chiara gives effective treatments for chronic and acute aches and pains in the body, as well as emotional conditions such as post-traumatic stress, anxiety, grief, depression. She sees clients either for a specific problem to be treated or for Wellness Balances, which help enhance a person's overall wellness and prevent dis-ease, by reducing stress, increasing energy, improving circulation and strengthening the immune system.

As a **Meditation Teacher** she is passionate about making the ancient Judaic meditation practices available to today's modern person and loves to teach Taoist meditations that open the mystical chambers of the heart.

Chiara Cattaneo



www.chiarahhealing.com



Casin'Anand

Yoga Retreat

The Retreat Total Price Includes :

- 5 days of Kundalini practices and Kundalini Yoga lifestyle **by Tarandev Kaur**
- 4 days of AcuEnergetics® **by Chiara Cattaneo**
- Accommodation
- Breakfast, Lunch, Dinner: all meals vegetarians made with our km0 green produce from our synergetic garden
- Fruits, homemade pastries, teas and herbal teas are available all day long
- Water is home produced, free, with the choice between alkaline, low heavy residues, flat or sparkling
- Free access to the swimming pool and jacuzzi corner
- Solarium
- Bicycles available
- Spa Access (upon reservation and payment)- **Check the list and book your treatments**
- Individual Treatments by **Chiara Cattaneo** (on request not included) - **Booking a session**
- Sauna (reservation needed)
- Thecno Gym available included
- Over 5 hectares of varied nature, with sensory paths and sensations to meditate
- Beach distance 23km

NOT INCLUDED TRANSPORTATION Available on request



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Casin'Anand

Yoga Retreat

ACCOMODATION :

- **8 Deluxe** twin rooms with 2 separate beds (2 people)
- **2 Deluxe** king size bed rooms (2 people)
- **1 Suite My Africa** king size bed plus 1 single bed (2 people)
- **1 Apartment Mexico a Novoli** king size bed plus sofa bed (3 people)

Discover all Rooms types "A trip across the World"

The Retreat Total Price:

- **1540 euros** per person in **Deluxe** twin shared room
2540 euros for double room as single use
(1 person)
- **2915 euros** per person **Suite My Africa** twin shared room
5290 euros for double room as single use
(1 person)
- **1520 euros** in **Apartment Mexico a Novoli** triple shared room
3480 euros for double room as single use
(1 person)



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Casin'Anand

Yoga Retreat

5 days of Kundalini Yoga & AcuEnergetics®

Registration policies, Payment and cancellation policy :

- **Registration:** close on 25 September
- **Group size:** The retreat will be with a minimum of 8 participants.
- **Skill Level:** This retreat is for beginners and experienced kundalini yoga participants!!!
- **Languages spoken:** English - French - Italian

Payment and cancellation policy :

- **30% deposit at the subscription**
- **The deposit is non-refundable.**
- **The deposit will be refunded if the retreat is cancelled (not enough participants)**
- **The 70% left is due on 30 September once the retreat is confirmed**



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