

THE PHOENIX RISING RETREAT - A JOURNEY OF AWAKENING, RENEWAL, AND TRANSFORMATION



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

Feeling like you're ready to reclaim your **energy, vitality, and youthfulness**?

Do you want to look and feel better without turning to extreme measures or temporary solutions?

If you're seeking a **sustainable transformation** that will not only **enhance your energy and health**, but also set you up for a **long, vibrant life**, then **The Phoenix Rising Retreat** is the perfect experience for you.

This is not your typical retreat. It's a **transformational journey** where you will immerse yourself in practices and techniques designed to **promote longevity, rejuvenate your body and mind**, and create **lasting change**. Tailored to a specific audience, our focus is clear: **helping you age with vitality** and feel your best at every stage of life.

What You Will Walk Away With:

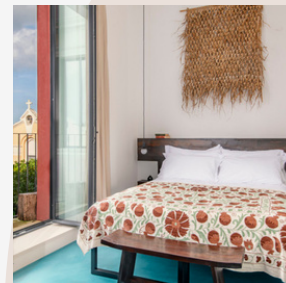
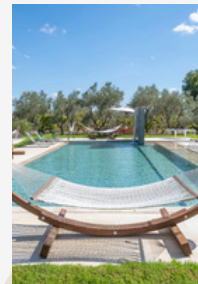
By the end of **The Phoenix Rising Retreat**, you will have experienced a profound transformation that will continue to enhance your life long after you return home. Here's what you'll walk away with:

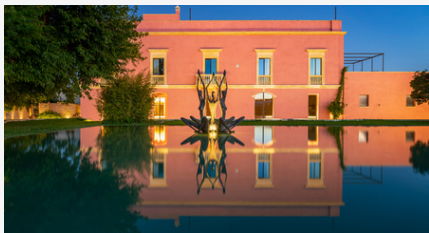
- **A Rejuvenated Body**

You'll feel rejuvenated—as if you've turned back the clock. Through tailored yoga practices and AcuEnergetics® healing, you'll experience a **boost in energy, strength, and flexibility** that will empower you to live life fully, every day.

- **A Personalized Longevity Plan**

You'll have the tools and strategies to **sustain the benefits** of the retreat. We'll guide you in creating a plan that supports your **long-term vitality**—ensuring your energy, health, and well-being continue to grow.





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- **Emotional Balance and Mental Clarity**

You'll learn how to **stay centred, reduce stress, and promote emotional well-being**. Through ancient healing meditations and grounding practices, you'll **feel clear, balanced, and calm**, with a **refreshed outlook on life**.

- **Enhanced Self-Awareness**

Through deeply **transformational practices**, you'll have an improved understanding of how to nourish your body and mind, helping you make **empowered choices for your long-term health**.

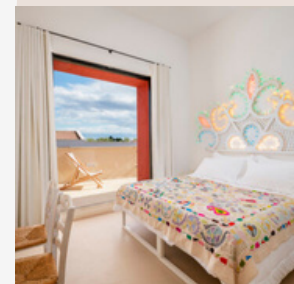
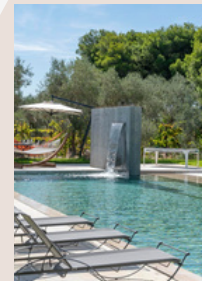
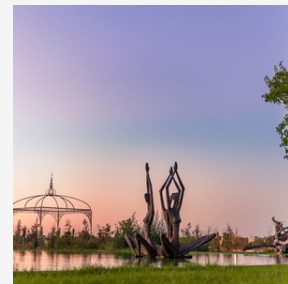
- **A Stronger Connection to Self & Nature**

You will gain a **clearer connection to your body, mind, and spirit**, having experienced practices that help you **release blockages, improve mobility, and feel more grounded**. Whether it's through yoga, meridian stretches, or healing, you'll feel more integrated and in tune with your Self.

- **A Rekindled Sense of Purpose & Personal Power**

You'll leave with a **renewed sense of purpose**, ready to step into your future with **clarity and confidence**. Whether it's feeling more vibrant, taking control of your health, or embarking on a journey of emotional balance, you'll have the tools to live with greater vitality.

This retreat is a powerful **investment in your future**, giving you everything you need to **cultivate a life of longevity, joy, and transformation**.





The Phoenix Rising Retreat

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30/10/2025 - 4/11/2025



Why This Retreat is Different

This Retreat is not about overloading you with information or a packed schedule. It's about delivering an immersive, experiential retreat that will blow you away with the **depth and quality** of the transformation you'll experience.

By the end of the retreat, you'll have the **opportunity to continue working with the practitioners**, ensuring that your transformation is lasting and aligned with your **long-term health goals**.

This is an **immersive experience**, offering you a chance to connect deeply with yourself and with others who are on the same path. It's about creating lasting relationships and a **community of like-minded individuals committed to health, vitality, and longevity**.

Are You Ready to Embrace Your Future?

This isn't just about living longer—it's about **living better, stronger, and more vibrant at every stage of life**. If you're ready to rise, renew, and embrace a future full of vitality, then **The Phoenix Rising Retreat is calling you**.

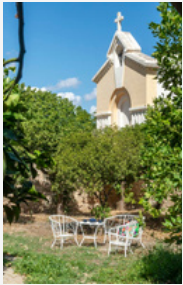
Let's start your **journey to longevity, joy, and true transformation**.

Your Sanctuary for Transformation

Beyond the profound daily practices of **Kundalini Yoga with Tarandev Kaur** and **Energy Medicine with Chiara Cattaneo**, The Phoenix Rising Retreat takes place in an **authentic green oasis**—a space designed to **nurture, restore, and inspire**. Every detail has been **curated** to provide an unparalleled **sensory and energetic experience**, allowing you to immerse yourself fully in **longevity-enhancing practices**.

The Phoenix Rising Retreat

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Here's what awaits you at Casin'Anand:

A Haven of Rest & Renewal

- **12 uniquely designed rooms**, each with its own distinct architecture and atmosphere, blending history with comfort.
- **Communal spaces adorned with carefully curated world décor**, fostering connection, conviviality, and deep harmony.
- **A magnificent yoga hall** beneath three towering cathedral ceilings, with acoustics so pure, you'll want to chant forever.

Ancient Wisdom Meets Modern Wellbeing

- **Indoor Wellbeing Paths** featuring a **Frigidarium for cold water immersion**, a **Hammam**, and **Emotional Showers**, all set beneath majestic star-shaped vaults—once ancient grape-pressing spaces.
- **Outdoor Wellbeing Spaces**, including a **Finnish sauna**, **Jacuzzi**, **solarium**, and a **lounge area** embraced by blooming bougainvilleas.

Nature as Your Guide

- **Organic, zero-kilometer food**, grown steps away in our **synergetic vegetable garden**, where tiny pools collect rainwater, offering a space for reflection.
- **15 acres of themed gardens**, featuring **32 sensory paths** to awaken your senses, inspire meditation, and elevate your state of being.
- **A thriving ecosystem**, carefully nurtured through ecological restoration, where local fauna flourishes.
- **A majestic olive tree garden**, the perfect setting for **Breathwalk and silent contemplation**.

Spaces for Deep Inner Work & Contemplation

- **A sacred historical chapel**, where you can bask in pure **Light and Bliss**.
- **Various patios and the Diamond Room**, offering intimate spaces for **self-practice and reflection**.

A Timeless Experience

- **Evening birdsongs and breathtaking sunsets**, marking the slow, sacred passage of time at Casin'Anand.

And much more awaits you on this transformative journey!

This is more than a retreat—it is a **rebirth**. A space where you will **awaken your inner Phoenix, reclaim your natural flow, and step into the full radiance of your being**.



TARANDEV, THE SOUL OF CASIN'ANAND.

Sat Nam, dear friend,

I am **Tarandev Kaur**, the soul of **Casin'Anand**. As a certified **Kundalini Yoga** teacher, I fell in love with this sacred practice more than ten years ago.

My journey has been guided by incredible teachers, including **Sada Sat Singh, Sada Sat Kaur, Shiv Charan Singh,** and **Yogi Shabad**. I have studied and practiced in inspiring places such as **Golden Bridge** and **RaMa Institute** in New York, as well as **Equilibrium** in Montreal. For a time, I lived in **Bermuda**, where I shared the teachings of Kundalini Yoga in my own studio.

Kundalini Yoga is a **profound and transformative technology**—one that is accessible to everyone, right from the very first experience. No special preparation is required; as **Yogi Bhajan** said:
"It's a train you can jump on at any moment."

At **Casin'Anand**, you will have the opportunity to spend a day with me, immersing yourself in a **harmonious, Shakti-connected** way of living. Together, we will explore the **Kundalini lifestyle**, bringing yogic awareness into daily life—acting **consciously**, living in **harmony**, and fostering a deep **respect** for **Mother Earth**.

Every aspect of **Casin'Anand** has been created with intention. It is a true **manifestation of the change we all dream of** a place where everything flows in harmony, nestled in the **magical land of Apulia**.

I look forward to sharing this journey with you.

Me, Tarandev Kaur



www.casinanand.com

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Retreat with Tarandev & Chiara Cattaneo

5 days of Kundalini Yoga & AcuEnergetics®

Arrival : 30/10/2025 - Departure : 4/11/2025

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

30 October 2025 – Arrival & Opening

- **From 3:00 PM** – Arrival & Check-in
- **4:00 PM** – **Opening Circle:** Welcome & Retreat Overview
- **6:00 PM** – **Torchlight Tour of Casin'Anand & Gathering by the Brasero**
- **8:00 PM** – Dinner
- **9:15 PM** – Short Meditation & Intention Setting
- **9:45 PM** – Rest

In this workshop, you will open yourself to greater love, release stress, and be inspired by a harmonious blend of modern and ancient practices that deepen your understanding of your body, heart, and mind.

31 October 2025 – Awakening & Grounding

- **7:00 AM – 9:00 AM** – **Sadhana with Tarandev Kaur:** Mantras, Awakening Exercises, Kriya, Relaxation, Meditation, Chanting
- **9:00 AM – 12:30 PM** – **Brunch & Leisure Time** (Relax by the pool, explore the gardens, or enjoy self-reflection)
- **3:00 PM – 4:00 PM** – **Walking Meditation** among the Olive Trees
- **4:30 PM – 6:30 PM** – **Grounding the Energy with Chiara Cattaneo:** Enhancing Balance, Strength, and Stability
- **7:00 PM – 8:00 PM** – **Kundalini Osho Meditation**
- **8:00 PM** – Dinner
- **9:00 PM** – **Brasero Meditation** (optional)
- **9:45 PM** – Rest

1 November 2025 – Healing & Deep Connection

- **6:30 AM – 8:30 AM** – **Sadhana with Tarandev Kaur**
- **9:00 AM – 12:30 PM** – **Brunch & Leisure Time** (Book a healing session, journal, or take a mindful nature walk)
- **2:00 PM – 4:00 PM** – **Tea Ceremony GONG FU CHA** (A mindful practice to cultivate presence)
- **4:30 PM – 6:30 PM** – **Healing Meditations with Chiara Cattaneo**, featuring unique **AcuEnergetics® Light Body Practices**, inspired by ancient Kabbalah and adapted for modern life
- **7:00 PM – 7:30 PM** – **Evening Mantra**
- **8:00 PM** – Dinner
- **9:00 PM** – **Zen Meditation** (optional)
- **9:45 PM** – Rest



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2 November 2025 – Energy & Renewal

- **7:00 AM – 9:00 AM – Sadhana with Tarandev Kaur**
- **9:00 AM – 12:30 PM – Brunch & Leisure Time** (Take a solo walk, book a treatment, or simply relax)
- **3:00 PM – 4:00 PM – Visit to Boutique & Synergic Garden**
- **4:30 PM – 6:30 PM – Meridian Stretches with Chiara Cattaneo:** facilitating the smooth flow of electricity by **releasing blockages** and **promoting balance** within the meridian system
- **7:00 PM – 8:00 PM – SPA Time** (Optional sauna, jacuzzi, or hammam)
- **8:00 PM – Authentic Indian Dinner Experience** (an evening of rich flavors, vibrant colors, and soulful nourishment)
- **9:00 PM – Gentle Evening Meditation** (optional)
- **9:45 PM – Rest**

3 November 2025 – Integration & Exploration

- **6:00 AM – 9:00 AM – Sadhana with Tarandev Kaur**
- **9:00 AM – 12:30 PM – Brunch & Leisure Time** (Journaling, treatments, nature walks, or personal reflection)
- **3:00 PM – 5:00 PM – Meditation & Longevity Tools with Chiara Cattaneo:** Simple, Practical Practices for Sustaining Vitality & Balance in Daily Life
- **5:30 PM – 7:30 PM – Sunset Celebration in Lecce:** A Special Evening of Cultural Exploration & with Aperitif (Optional)
- **8:30 PM – Farewell Dinner in Lecce** (on demand)

4 November 2025 – Closing & Departure

- **7:00 AM – 9:00 AM – Final Sadhana with Tarandev Kaur**
- **9:00 AM – 12:30 PM – Brunch**
- **1:00 PM – Gathering at the Wishing Tree for Closing Circle** (A final moment of reflection & gratitude)
- **After 3:00 PM – Departure**



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

Chiara Cattaneo – Bio-Electrical Healer & Longevity Expert

I am a bio-electrical healer, teacher, and longevity specialist, dedicated to helping people **restore vitality and turn back the clock on aging—naturally**. My work is rooted in **AcuEnergetics®**, a **revolutionary Energy Medicine** that merges wisdom from Traditional Chinese Medicine, Judaic, Ayurvedic, and Taoist traditions with the latest insights from modern Western medical science.

My philosophy is simple yet powerful:
RESTORE FLOW – RESTORE FUNCTION.

When the body's bio-electrical system is disrupted, it accelerates aging, weakens resilience, and impacts overall well-being. By restoring the natural flow of energy, I help my clients **regain mobility, strength, clarity, and emotional balance**—allowing them to **thrive at any age**.

I am also the creator of the **Reversing the Ageing Process (RAP)** Program—a cutting-edge approach to rejuvenation, designed for those who want to **look and feel 10 years younger without exhausting workouts, medication, or surgery**. RAP helps restore youthful energy, improve brain function, enhance flexibility, and boost overall vitality using science-backed bio-electrical treatments.

Having worked with high-achieving individuals in **St. Tropez, Europe, and Australia**, I understand the challenges of modern aging. In collaboration with the founder of AcuEnergetics®, I have developed a groundbreaking Program to slow and even reverse the effects of time.

In addition to my healing work, I teach **Taoist meditations** that promote profound **self-awareness, inner peace, and long-term well-being**.

Are you ready to renew your vitality, awaken glowing health, and regain youthful energy? Let's begin this journey together.

Chiara Cattaneo



www.chiarahaaling.com/rap



The Phoenix Rising Retreat

Casin'Anand

5 days of Kundalini Yoga & AcuEnergetics®

WHAT'S INCLUDED

- ✓ **5 Days of Kundalini Yoga Practices & Lifestyle** with Tarandev Kaur
- ✓ **4 Days of AcuEnergetics® Healing** with Chiara Cattaneo
- ✓ **Luxury Accommodation** in a Deluxe Room 🏠
- ✓ **Nourishing Vegetarian Meals** (Breakfast, Brunch, & Dinner) made with fresh, local produce from our synergetic garden 🌿
- ✓ **All-Day Refreshments:** Fresh Fruits, Homemade Pastries, Teas, and Herbal Infusions 🍵
- ✓ **Pure & Sustainable Water** (Home-produced: Alkaline, Low Heavy Residues, Flat, or Sparkling) 💧
- ✓ **Complimentary Access** to the Outdoor Swimming Pool
- ✓ **Relaxation Areas:** Solarium & Rooftop ☀️
- ✓ **Bicycles Available** for exploring the Surrounding Nature
- ✓ **5+ Hectares** of Immersive Nature with Sensory Paths for Meditation 🌳

WHAT'S NOT INCLUDED

- Sauna & Jacuzzi Access 🛀
- Fitness & Game Area 🎯
- Main Spa Access – Check the list & book your treatments separately 📅
- Individual Treatments with Chiara Cattaneo (Available upon request, not included) 📅 Book a session
- Transport, Aperitif & Dinner in Lecce on 3rd November 🍴
- Lecce City Tour, Excursions & Experiences 🚶
- Airport Transfers ✈️

Price all inclusive

Min. 10 – Max. 18 participants

✓ € 1.950 per person
(Shared Room)

✓ € 2.600 per person
(Private Room)

EARLY BIRD 150€ OFF - until June 7

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The Phoenix Rising Retreat *Casin'Anand*

5 days of Kundalini Yoga & AcuEnergetics®

Payment and Cancellation policy

Deposit: 30% required **upon registration**

Refund Policy:

- If the retreat is canceled due to insufficient participants, the deposit will be refunded.
- If the retreat is confirmed, the deposit is non-refundable.

Final Payment: The remaining **70%** is due by **September 30** once the retreat is confirmed.

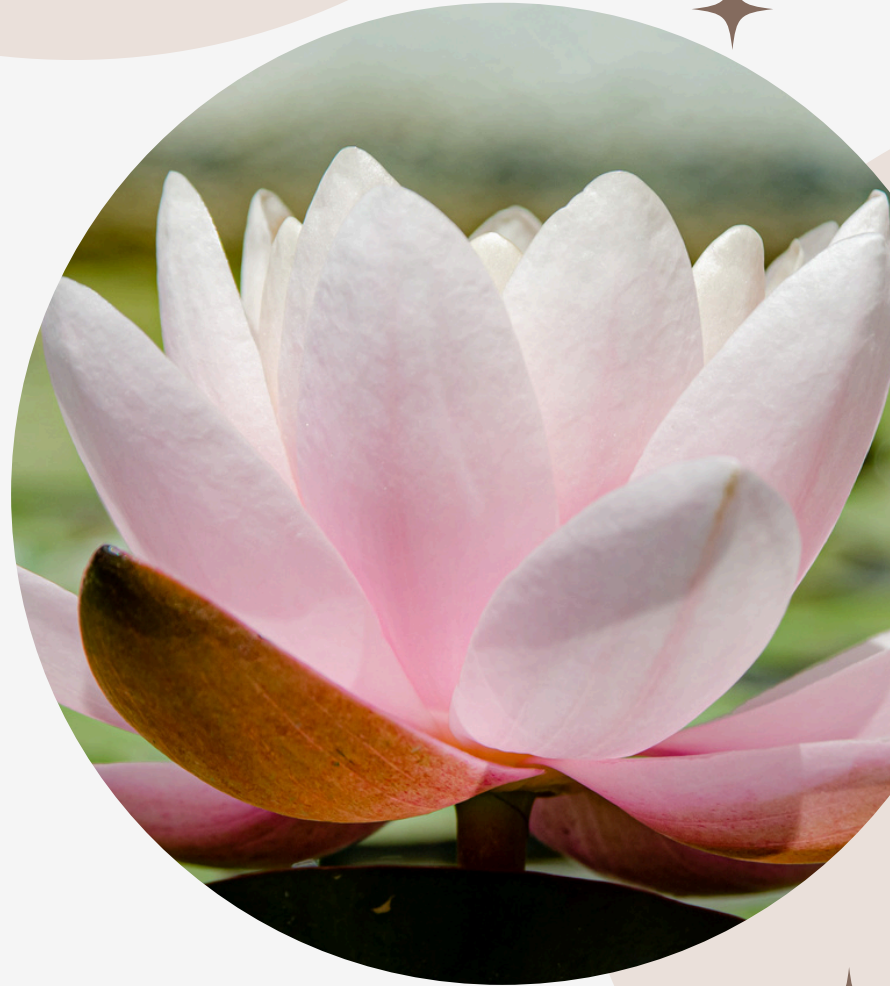
Registration Policy

Registration Deadline: September 15

Group Size: Minimum of **10 participants** required for the retreat to take place.

Skill Level: Suitable for **both beginners and experienced** Kundalini Yoga practitioners.

Languages Spoken: English, French, Italian



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