

Yoga & Wellness

From 19 to 21 September 2025

Let the Old and welcome the New

Equinox is the perfect time for woman for an energetical, phisical and emotional purification

🌿 Day 1 – Friday, September 19 Arrival & Opening

- 3.00 PM – 5 PM Arrival, Check-in, Discover the place and short walking meditation

- 5.30 PM – 8 PM – RITUAL OF PURIFICATION AND NOURISHMENT With the Plants-Medicines of the Earth**

- 8:30 PM – Dinner

Enjoy a nourishing meal, featuring local organic ingredients, aligning with the retreat's focus on wellness and mindfulness.

- 9.45 PM – Relax Music & Short Meditation

Brief meditation of 30' to prepare for a peaceful night

- 10.15 PM – Good Night 🌙

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Via Cupa 18 – 73051 Novoli (Le)



🧘 Day 2 – Saturday, September 20 Transformation & Nourishment

- 8 AM – 10 AM – Kundalini Yoga with Tarandev Kaur

Participate in a dynamic session combining mantras, kriyas, and meditation, aimed at awakening energy and fostering inner peace.

- 10 AM – 12 PM – Brunch

- Free Time until 3 PM

A wonderful opportunity for personal reflection, journaling, or exploring the surrounding natural beauty.

- 3 PM – 5 PM Time for a Cooking Class (at an extra charge)*

- 5.30 PM – 8 PM – KNOWLEDGE AND CARE OF RITES OF PASSAGE Rebozo and the Cyclicity of the Body-Earth**

- 8:30 PM – Dinner

Enjoy a thoughtfully prepared dinner, possibly featuring seasonal and locally sourced ingredients, aligning with the retreat's wellness focus.

- 9.45 PM – Short Meditation

- 10.15 PM - Good Night 🌙

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Day 3 – Sunday, September 21 Closing & Departure

- 8 AM – 10 AM – Last Kundalini Yoga Session with Tarandev Kaur Songs and Closing Circle
- 10 AM - 12 AM Brunch
- 12 PM Time to leave with a heart full of transformation!

ALL INCLUSIVE PRICE

max 9 participants

1000 EUR per person
Single Occupancy

700 EUR per person
Double Occupancy

Ps. Add the cost of OPTIONAL Cooking Class or Mother Earth connection from the fruit to the jam journey

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More info to...

*OPTIONAL WORKSHOPS (2 h duration)

€/PAX 40 each – MIN. 4 people each group

1. COOKING CLASS

Learn how to prepare a typical local dish

2. TRANSFORM A FRUIT....

- Learn how to transform a seasonal fruit into a jam
- Learn the history of the chosen fruit) in this case Grape or Pomegranate)
- Pick them from the trees
- Transform them into jam
- Take your homemade jam with you

** RITUAL OF PURIFICATION AND NOURISHMENT - With the Plants-Medicines of the Earth

A space dedicated to the energetic, physical, and emotional purification of the Woman.

The equinox is an important passage for our being and for everything that exists around us.

Every passage in Life, and on Earth, asks us to let go of the old and embrace the new. Just as the leaves of the tree fall, becoming nourishment for the Earth and making space for new sprouts that, at the right time, will bloom and give new fruits, so we, cyclically, let go of our dry leaves, offering ourselves to Death, in order to then embrace new Life.

The plants are like us, daughters of the Earth, and for this reason, they are great allies in accompanying our transitions: they help us come closer to our true essence as Original, Creative, Wise Women, deeply rooted in the cycles of Becoming.

We will experience the power of herbal baths, ritual washes, nourishing womb packs, and other practices with the Medicines of the Earth.

** KNOWLEDGE AND CARE OF RITES OF PASSAGE - Rebozo and the Cyclicity of the Body-Earth

We celebrate the arrival of the Autumn Equinox and the New Moon with the Rebozo Closing Ritual: a very ancient Mesoamerican practice, passed down from generation to generation among women.

The Rebozo symbolizes the closure of a phase of life, such as an inner transformation, overcoming a past situation, the postpartum period, an abortion, the end of a relationship, and anything that needs to be closed.

The Rebozo practice is, in fact, a ritual of closure for the subtle and physical bodies of the woman; the closure is followed by the opening of the new phase, a rebirth with new skin in the renewed path of existence.

For the ritual, we will use Mexican cloths that "embrace" the main energy centers of the body, medicinal herbs, songs, and musical instruments from around the world.