



Yoga & Wellness

**kundalini Yoga (MIND)
Spa (SOUL) Nature (BODY)**

from 21th to 23th November 2025

Day 1 – Friday, November 21: Arrival & Opening

- 3 PM – Arrival & Check-in
- 4 PM – 9.30 PM – Aromatic Thai Oil Massage*

Indulge your self in a therapeutic massage, deepening relaxation and enhancing the retreat experience

- FREE TIME

Discovery of the Casin'Anand "Cittadella" and choose your "soul tree"

- 7:30 PM – Dinner

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

- 9 PM – Pranayama & Short Meditation in Olive Grove (or indoor)

Brief meditation of 30' to prepare for a peaceful night

www.casinanand.com

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Via Cupa 18 – 73051 Novoli (Le)



Day 2 – Saturday, November 22: Immersion & Transformation

- 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.

- 9:30 AM – 12:30 PM – Brunch
- 11.30 AM – 4.30 PM - Aromatic Thai Oil Massage*
- Free Time until 4 PM

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

- 3 PM – 5 PM Choose between one of our optional workshops or chill out freely*
- 5 PM – 7 PM – Bath Gong

Sound therapy using gong vibrations to support profound relaxation and energetic harmony

- 7:30 PM – Dinner

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

- 9 PM – Meditation & Mantra /Relax

Unwind with soothing music in the yoga hall, reflecting on the day's experiences and embracing a sense of peace.

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Day 3 – Sunday, November 23: Closing & Departure

- 7 AM – 8:30 AM – Last Kundalini Yoga Session with Tarandev Kaur

Conclude the retreat with a final yoga session, integrating the practices learned and preparing for the return to daily life.

- 8 AM – 2 PM – Extra Sunday Brunch

Enjoy a final meal together, celebrating the connections made and the journey undertaken.

- FREE TIME

- 9 AM - 2.30 PM – Aromatic Thai Oil Massage*

- Departure open till last treatment

Carry forward the peace and insights gained, integrating them into your daily life.

ALL INCLUSIVE PRICE

max 9 participants

1000 EUR per person
Single Occupancy

700 EUR per person
Double Occupancy

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



More info to...

*OPTIONAL WORKSHOPS (2 h duration)

€/PAX 40 each workshop – 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 choosen fruit) in this case Grape or Pomegranade)
- Pick there from the trees
- Transform them into jam
- Take your homemade jam with you

* THE AROMATIC THAI OIL MASSAGE

Is a holistic treatment where the actual massage is enhanced and completed by the use of alchemic extracts, natural elements, and energy techniques of shamanic origin.

All of these are brought together in a path that is always unique and personalized, with the goal of purifying, harmonizing, and bringing relaxation and well-being.

The ancient technique of Thai Oil massage works gently on the Sen, the energy channels of the body identified by Traditional Thai Medicine. This allows for the proper and beneficial absorption of the oils and stimulates the natural flow of vital energy. In this way, the body's detoxifying abilities are activated through lymphatic drainage, resulting in a state of complete physical and psychological relaxation.

The massage is performed using oils specially prepared by Simone, with blends of herbs such as lavender, rosemary, rose, pine, sage, and other "ally plants" with which he has worked for over twenty years.

The true protagonist of the Alchemic Thai Oil massages is nature, capable of stimulating the senses and bringing harmony to body, mind, and spirit, with Simone acting as a conduit.

In addition to oils, the massage also includes other remedies such as hydrolates, essential oils, botanical perfumes, and incense — all extracted and prepared following alchemic tradition and used according to shamanic methods, including chants and sounds intended to awaken and channel the healing power of the herbs.

It is a pleasant and relaxing massage with numerous benefits:

- Reduces stress and provides relaxation
- Relieves muscle pain and tension
- Improves blood circulation
- Reactivates the lymphatic system
- Strengthens the immune system
- Improves sleep quality
- Strengthens and balances both mind and body

Additionally, the specific herbs used in each session bring their own unique benefits.