

Yoga & Wellness

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

from 5th to 7 th September 2025

PROGRAMME

🌿 Day 1 – Friday, September 5: 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

info@casinanand.com

+39 3762029643

Via Cupa 18 – 73051 Novoli (Le)



Day 2 – Saturday, September 6: 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 – Tea Ceremony
- 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, September 7: 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

990 EUR per person
Single Occupancy

690 EUR per person
Double Occupancy

EARLY BIRD -10% OFF UNTIL 30 JUNE

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

*Aromatic Thai Oil Massage: A Holistic Journey of Healing

This holistic treatment combines Thai Oil massage with alchemic extracts, natural elements, and energy techniques of shamanic origin, offering a unique, personalized experience aimed at purifying, harmonizing, and enhancing relaxation and well-being. The ancient Thai Oil massage works on the Sen (energy channels), facilitating the absorption of oils and stimulating the body's natural energy flow. It activates detoxification through lymphatic drainage, promoting deep physical and mental relaxation. Simone's custom oils, crafted with herbs like lavender, rosemary, and sage, play a key role, alongside hydrolates, essential oils, botanical perfumes, and incense. These elements are combined with shamanic chants and sounds to channel the healing power of nature.

Benefits:

- Reduces stress and promotes relaxation
- Relieves muscle pain and tension
- Improves circulation and reactivates the lymphatic system
- Strengthens the immune system and enhances sleep quality
- Balances and strengthens both body and mind

Each session is enriched with herbs offering their own unique therapeutic effects. 🌿✨

*Tea Ceremony : " The Gong Fu Cha"

The Chinese tea ceremony, Gong Fu Cha, is much more than a ritual—it's an art of precision, patience, and connection with nature. Every detail, from water choice to infusion, transforms tea into a multisensory journey. It's not just about drinking tea, but immersing in a spiritual experience where each sip tells stories of ancient traditions and distant lands. The Gong Fu Cha invites us to rediscover the beauty of slowness and the harmony between man and nature. 🌿