



**FREE YOUR MIND AND HEART:  
TRANSFORMATIVE AND HEALING  
THERAPEUTIC YOGA RETREAT  
WITH**

**MASTER SWAMI SACHIDANAND**





## INTRODUCTION

Welcome to a week of profound healing and self-discovery through Therapeutic Yoga with Master Sachidanand. This retreat is a holistic journey, addressing the body, energy, mind, intellect, and spirit. Designed for those seeking recovery from injuries, traumas, or illnesses, Therapeutic Yoga combines various styles such as Restorative Yoga, Laya Yoga, Gentle Yoga, Pranayama, and more.

### KEY ELEMENTS OF THERAPEUTIC YOGA:

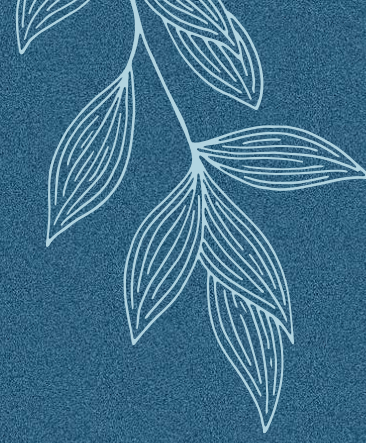
- **Restorative Yoga:** Supported poses with props to facilitate deep relaxation.
- **Laya Yoga:** A meditative and contemplative practice to harmonize body and mind.
- **Pranayama and Breathing Exercises:** Techniques for cultivating life force, enhancing and mastering the energy.
- **Hand-On Healing:** Personalized attention to address specific physical, emotional, and spiritual needs.
- **Guided Meditations and Visualization:** Accessing deeper wisdom, promoting mental, and spiritual, well-being and clarity.
- **Mantras:** Integrating the power of sacred sounds for holistic healing.

# BENEFITS OF THERAPEUTIC YOGA:

- Effective recovery from injuries, traumas, or illnesses.
- Reduction and management of stress, tension, and anxiety.
- Accessing deeper wisdom within and enhancing self-healing mechanisms.
- Promotion of harmony and health in both body and mind.



# TOPICS COVERED DURING THE RETREAT



## 1) Healthy Pelvis:

Explore the critical components of conscious relationships, intimacy, and sexual well-being. Gain awareness of the Pelvic Floor and breathing techniques to address physical and mental challenges in this important area.

## 2) Healthy Emotions and Consciousness Relationships:

Learn to manage emotions effectively, bringing awareness to different emotional states. Prevent destructive and self-sabotaging patterns by understanding and addressing suppressed emotions.

## 3) Sanjeevni Kriya:

Embark on an ultimate exploration of your hidden and highest potential through this integrated breathwork and mantra practice. Sanjeevni Kriya helps us delve into the deepest levels of consciousness, resolving old memories, releasing traumas, and transforming negative behavior patterns. Experience physical, emotional, and spiritual shifts, inducing a state of pure ecstasy and bliss.

Join us on this unique opportunity for a transformative retreat with Master Swami Sat Chit Anand, where therapeutic yoga becomes a gateway to self-discovery, healing, and the manifestation of a harmonious life.

**Book your transformative journey now. Your self-discovery awaits.**



# ABOUT SWAMI SACHIDANAND: A BRIEF OVERVIEW

## Background and Education:

Swami Sachidanand, hailing from North India, commenced his spiritual journey in early childhood, immersing himself in Vedic knowledge and Vedantic traditions. Sent to an Ashram during childhood to study Sanskrit, Yoga, Meditation, and Vedic Scriptures, Swami Sachidanand received contemporary education alongside his spiritual pursuits. Graduate in Yoga Philosophy (Eastern and Western) from Punjab University, he was initiated into Basic Yogic Kriyas, Pranayamas, and Meditations by Swami Vinodanand. Further, he delved into Traditional Tantra and Mantras under the guidance of H.H. Avdhoot Baba Shivanand Ji.

## Yoga Journey:

Having completed University Education and Yoga Alliance Certification, Swamiji embarked on a journey to share the Ancient Vedic Wisdom of the Yogic Lifestyle. He taught Art D'vine Yoga courses globally and, in 2013, founded "Art D'vine Yoga" in Rishikesh, India. In 2015, D'vine Yoga became a registered Yoga Alliance school, offering Teacher Training Courses.

## Therapeutic Yoga Expertise:

In 2016, Swami Sachidanand completed a 980-hour Therapeutic Yoga Teacher Training under the International Association of Yoga Therapists (IAYT) at Amrita Healing Centre.

This comprehensive course integrates Western medical science perspectives with Eastern Yogic Wisdom, enriching his teaching with a holistic approach.



## Current Initiatives:

Swamiji is currently based in Rishikesh, running "Art D'vine" registered with the Government of India and "D'vine Yoga" registered with Yoga Alliance (USA). As a dedicated student of yoga since childhood, a post-graduate in Yoga Philosophy, a 500-Hour E-RYT with Yoga Alliance, and holding a 980-Hour Therapeutic AYTTC, Master Swami Sachidanand continues to inspire and guide seekers on their yogic journey.

## Initiations:

Swamiji carries the traditional teachings of Tantra, initiated by H.H. Avdhoot Shivananda Ji, and Vedic teaching of Vedas, and Upanishads in the lineage of Adi Shankaracharya, enriching his practice with profound spiritual insights. Join Swami Sachidanand on a transformative journey into the heart of yoga, where ancient wisdom meets modern understanding, paving the way for a balanced and harmonious life. With a profound passion for traditional Hatha Yoga and Kundalini Yoga, Swamiji is dedicated to sharing these transformative practices globally, fostering love, peace, joy, and happiness.

# SCHEDULE

## Saturday:

From 2.00 pm Check-in  
7.00 pm Dinner

## Sunday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 3.15 pm Yoga Nidra  
3.15 to 4.30 pm Restorative Hatha Yoga  
Practice  
4.45 to 5.45 pm Meditation  
7.00 pm Dinner

## Monday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 3.15 pm Yoga Nidra  
3.15 to 4.30 pm Restorative Hatha Yoga  
Practice  
4.45 to 5.45 pm Meditation  
7.00 pm Dinner

## Tuesday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 3.15 pm Yoga Nidra  
3.15 to 4.30 pm Restorative Hatha Yoga  
Practice  
4.45 to 5.45 pm Meditation  
7.00 pm Dinner

## Wednesday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 3.15 pm Yoga Nidra  
3.15 to 4.30 pm Restorative Hatha Yoga  
Practice  
4.45 to 5.45 pm Meditation  
7.00 pm Dinner

## Thursday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 3.15 pm Yoga Nidra  
3.15 to 4.30 pm Restorative Hatha Yoga  
Practice  
4.45 to 5.45 pm Meditation  
7.00 pm Dinner

## Friday:

6.30 to 7.30 am Pranayama and meditation  
7.30 to 8.45 am Hatha Yoga practice  
9.00 to 10.15 am Anatomy/ Philosophy  
10.30 am Brunch  
2.30 to 7:00pm free time  
7.00 pm Dinner  
**9.00-10.30 pm Party Night**

## Saturday:

8.00 am Breakfast  
10.00 am Checkout

# YOGA RETREAT IN ITALY

20th April 2024 - 27th April 2024

## PRICE LIST

( Including Food & Accommodation )

<b>Bed in Tripple Shared</b>	<b>959€</b>
<b>Bed in Double Shared (SB)</b>	<b>1,029€</b>
<b>Bed in Single</b>	<b>1,239€</b>
<b>Bed in Double (PB)</b>	<b>1,134€</b>
<b>DUSSB</b>	<b>1,239€</b>
<b>DUSPB</b>	<b>1,344€</b>



# ACCOMMODATION & FOOD







# VENUE

## YIS Amateur Sports Association

'Yoga in Salento' – Via Stazione 116, 73010 Zollino (LE) Lecce – ITALY

### -Arrival by Airplane

Brindisi's "Papola Casale" airport is about 50 km from Zollino and is connected with Lecce and its provinces by local buses and trains; taxi service and car rentals are available at the airport as well, Bari Airport is less than an hour's drive from Zollino.

### -Arrival by Train

Lecce station is well connected with all major Italian cities. Lecce-Rome is 5 hours and a half trip. From the station of Lecce you can take a 10-minute taxi ride or take Ferrovie del Sud Est's local train line which is about 20 minutes will take you to Zollino. We are 5 minutes walk from the local train station.

### -Arrival by Car

Take the Brindisi-Lecce highway and right before entering the city of Lecce follow the directions for Maglie-Otranto-Santa Maria di Leuca, way before reaching Maglie, after the exit Sternatia you will find the exit Zollino, just 10 minutes drive away from Lecce.

We are in Via Stazione 116.





# CONTACT US

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