

# **Yoga and meditation retreat**

## **Prema Kriya Yoga**

**“Retreat Isvara Pranidhana: the art of surrendering**

**When: from May 1th to May 4th of 2024**

**Where: At Silveira Beach, SC, Brasil**  
**at “casa jamur surf & yoga”**



## YOGA AND MEDITATION RETREAT MAY 1 TO MAY 4, 2024



### *"Retreat: Isvara Pranidhana: The art of surrendering"*

- yoga (hatha and kundalini )
- meditation kriya
- Health veggie Meal
- contemplation of nature, the ocean 🌊
- bonfire and ceremony
- chanting mantras
- sharing in friendship
- relax and renew
- study and in-depth
- healing in the memory of our Divine consciousness and awakening in Love ; in Being the Self.



Where: at praia da Silveira, SC , Brazil  
in "casa jamur surf e yoga" @jamursurfyoga  
info with Raquel Bhavani whatsapp  
+34 658 21 3100 [www.premakriyayoga.com](http://www.premakriyayoga.com)



### **Complet programm:**

#### **Wednesday, May 1st**

- Check-in in the afternoon

- 5:00pm - 7:00pm - kundalini yoga and meditation practice

- 7:30pm - Tea and light vegetarian/vegan dinner

- 8:15pm - 9:15pm - initial opening ceremony, chants and mantras to purify and reconnect with the essence of the Being that heals everything.

#### **Thursday, May 2nd**

- 6:30am - 7.30am - Meditation practice

- 8:00am - Vegetarian/vegan breakfast and brief pause.

-10:00am - 11:30am - hatha flow practice

- 11:30am - 12:45am - Satsang – yoga theory and philosophy in the light of tantric yoga (KRIYA and KUNDALINI):

Svadhyaia: self-reflection, self-study, self-knowledge and recognition.

- 1:00pm - vegetarian/vegan lunch

- BREAK: silence - relax - reading - walk in nature and on Silveira beach - being at the sea - contemplating.

- 3:45pm - 5:00pm - Satsang – yoga theory and philosophy in the light of tantric yoga (KRIYA and KUNDALINI):

Isvara Pranidhana: surrender, become flexible, relax. Letting go to reveal yourself.

- 5:10pm - 7:10pm - practices kundalini yoga and meditation

- 19:30 - Tea and light vegetarian/vegan dinner

- rest

### Friday, May 3rd

- 6:30am - 7.30am - Meditation practice
- 8:00am - vegetarian/vegan breakfast and short break.
- 10:00am - 11:30am - practice hatha flow
- 11:30am - 12:45pm - Satsang – yoga theory and philosophy in the light of tantric yoga (KRIYA and KUNDALINI): Tapas: heat, discipline, self-control, transformation and purification of karmas.
- 1:00pm - vegetarian/vegan lunch
- BREAK : silence - relax - reading - walk in nature and on Silveira beach - being at the sea - contemplating.
- 3:45pm - 5:00pm - Satsang – yoga theory and philosophy in the light of tantric yoga (KRIYA and KUNDALINI): theme 4: Bhakti: Divine Love, faith, opening up with trust, devotion.
- 5:10pm - 7:10pm - practices kundalini yoga and meditation
- 7:30pm - Tea and light vegetarian/vegan dinner
- rest

### Saturday, May 4th

- 6:30am - 7.30am - Meditation practice
- 8:00am - vegetarian/vegan breakfast and short break.
- 10:00am - 11:30am - practice Kundalini Yoga
- 11:30am - 12:45pm - Satsang – yoga theory and philosophy in the light of tantric yoga (KRIYA and KUNDALINI): Karma: vibrate divinely, express yourself creatively, celestial communication, serve humbly, Dharma.
- 1:00pm - vegetarian/vegan lunch
- BREAK : silence - relax - reading - walk in nature and on Silveira beach - being at the sea - contemplating.
- - 4:00pm - 7:15pm - Kriya Yoga initiation ceremony. (\*Optional, for those who feel the call; talk to me first)
- 7:30pm - Tea and light vegetarian/vegan dinner
- checkout

**Note:** After each dinner, if we are not all too tired, we can also sing mantras for 30 minutes - a group decision, day to day.

### **ABOUT KARMA YOGA**

***Karma Yoga means acting consciously, with love, in a spirit of unconditional service, without the expectation of a return of the fruits of this action. To act in this way is to give oneself completely to the Divine Being and the Divine Guru with devotion and love: each action becomes an offering from heart to heart, completely without selfish interest, but with total openness and without expectations.***

***This is the path of wisdom and lasting happiness.***

***With that in mind, within the retreat, the idea is for everyone to help each other voluntarily: from sweeping the room or yoga room, helping in the kitchen, leaving the bathroom clean, taking out the trash, organizing spaces... Or helping in any way the person wants. feel to offer, always with love, with good will and without any pressure: everyone decides for themselves, with their conscience.***

***What do you think? This is a way to develop karma yoga in life: to serve and love.***



**CONTRIBUTION TO THE COMPLETE EXPERIENCE:**

**- 510 dollars per person which includes:**

- all meals from dinner on May 1st until dinner on May 4th, 2024, vegetarian/vegan diet - without violence, healthy, balancing cooked with so much love.**
- staying in shared rooms at "Casa Jamur surf & Yoga" on Silveira beach from May 1st to May 4th.**
- All yoga practices, meditations, chants, studies, ceremonies and experiences;**
- Places are limited so it is very important that those interested book as soon as possible.**

**More information and registration from this site or directly with Raquel Bhavani**

**WhatsApp +34 658 213100**

**PREMA (DIVINE LOVE)**

**Raquel Bhavani**

**WWW.PREMAKRIYAYOGA.COM**

**"You can control a mad elephant;  
You can close the mouth of a bear and a tiger;  
Ride a lion and play with a snake;  
By alchemy you can learn your livelihood;  
You can wander the universe incognito;  
Make the gods your vassals; always be young;  
You can walk on water and live on fire;  
But mind control is better and more difficult."**

**Paramahansa Yogananda**



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