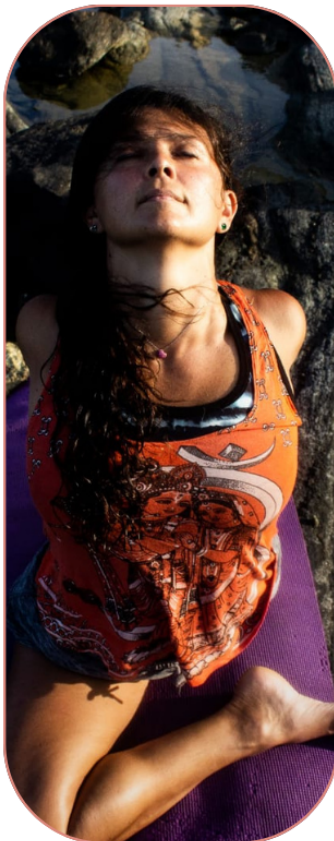


**Prema Kriya Yoga Teacher Training
RYS 250 Plus Level 1 Advanced
With internationally recognized diploma
Yoga Alliance International
100% Online 50% in presence with one 50 Hours week
Retreat.**



**PREMA KRIYA YOGA TEACHER
TRAINING 250 HOURS WITH DIPLOMA
YOGA ALLIANCE**



Where:
online on Zoom e
in presence
at "Peace Love Yoga"
Milan, Italy
+ a week of retreat

**When: from
September 2025
to September 2026**

in Italian and English

**info with Raquel Bhavani
whatsapp +34 658 21 31 00
www.premakriyayoga.com**



Come and participate with us in this very profound inner journey! It will be a unique, amazing, profoundly transformative and therapeutic experience for the body, mind and emotions; entering the depths of the soul during this journey into the Self.

We will practice yoga with great enthusiasm, dynamism, awakening the subtle energy called Kundalini Shakti - feminine spiritual energy, also called the "Divine Mother"; and, at the same time, maintaining steadfastness presence in the meditative Light and Wisdom that destroys all ignorance, in the Consciousness of Shiva, or the "Heavenly Father".

When we practice and meditate in a group (sangha) intensively, we create and re-create a particular, unforgettable connection of Love and friendship.

This is an opportunity for growth and evolution, learning and deep development of our devotion and dedication to practice, to life and to returning to our True Home. By the end of the course, you will have a strong and stable yoga practice - smooth and flexible.

Among other things, you will be able to teach yoga and meditation, feeling safe and prepared to share with lightness and joy those who want to realize themselves in every field of life - from the material to the subtle.

I await you with immense Prema – Divine Love!

**Sat Nam – Om Guru Om
Raquel Bhavani**

Where and How:

- # The course will take place starting from September 2025 with one intensive weekend per month for a year, plus an intensive week of retreat in July/2026 (location still to be defined - in Italy or Tenerife, Spain)
- # The course will be completely online on zoom and will remain registered on YouTube private to participants.
- # 50% of the course will also be in person in Italy, Milan, at the “Peace, Love, Yoga” center: <https://www.peaceloveyoga.it> and during the retreat.
- # The entire course (video on private YouTube and PDF handouts) will be sent via email and will be available in two languages: Italian and English.



Theoretical and practical topics of the course and final exam

Philosophy

1. What is yoga. Origins of yoga.
2. Which one are the main scriptures and Patanjali part 1 – ashtang yoga – the eight ramifications
3. Patanjali part 2 - yamas and niyamas
4. Patanjali part 3 - in-depth analysis
5. Introduction to the Bhagavad Gita, the song of the Lord
6. Bhagavad Gita part 2
7. Bhagavad Gita continued 3
8. The spiritual teacher: the golden chain and the Ages (the sacred science)
9. What is spiritual sadhana and its importance. How to put it into practice.
10. Karma, dharma, reincarnation and liberation
11. Harmonious communication, prosperity and responsibility of the teacher inside and outside the classroom
12. Meditation and Kriya Yoga

Mantra & Bhakti Yoga

1. Naad yoga: the science of Divine Union through sound.
2. Healing affirmations – prayer in all languages
3. Om and gayatri mantra

4. Om Namah Shivaya, Shivoam & Mahamrityunjaya Mantra
5. Om Namo Bhagavate Vasudevaya And Mool Mantra
6. Om gan ganapataye namaha - Ganesh mantra
7. Adi Mantra and Ek Ong Kar and variations
8. Ajai alai
9. Adi Shakti and mantra for the Divine mother
10. Maha Mantra - Hare Krishna and Ang Sang Wahe Guru
11. Ra Ma Da Sa, Sa Ta Na Ma, and other Kundalini mantras - celestial communication
12. Guru Mantras and variations

Pranayama

1. What is pranayama?
2. Jala Neti, the nasal rinse and the complete yogic breathing
3. Viloma pranayama, fractional breathing.
4. Nadi Sodhana pranayama, the cleansing breath of the nadis or subtle channels.
5. Ujjayi Pranayama - the victorious breath.
6. Kapalabhati, the cleansing of the skull; Bhastrika ; the bellows breath and Agni Gran, the breath of fire.
7. The Bandhas, the energetic closures and the Granthi, the three gates.
8. The refreshing breaths - Shitali, Shitkrati and Kaki Pranayama.
9. Prana Mudra or Shanti Mudra

The Subtle Bodies

1. Pancha Kosha or 5 sheaths and the 3 bodies.
2. Pancha Prana and Vibhaga Pranayama
3. What are chakras? Insights into all the chakras and the aura.

Ayurveda

1. Introduction to Ayurveda and the 4 goals of life
2. Constitution and imbalance – Prakriti and Vikriti. The doshas.
3. Aromatherapy, Nutrition.

Anatomy

1. Circulatory System
2. Lymphatic System
3. Respiratory System
4. Digestive system
5. Endocrine system
6. Nervous system
7. Muscular system and skeleton
8. Spinal biomechanics - the spine
9. The immune system
10. the genitourinary system

Kundalini Yoga

1. Kriya in Kundalini Yoga – Asana, Mudra and Bandha.
2. Warm-up exercises.
3. Mudras, hand gesture.
4. Kundalini kriyas in yoga therapy.

Hatha Yoga

1. Surya Namaskar and initial and final mantras of the practices
2. Balance and standing asanas
3. Forward bendings asanas
4. Asanas in twists
5. Asanas for chest opening and backbendings.
6. Asanas for abdominal and arm strength.
7. Inverted Asanas.
8. Seated meditative asanas.
9. Yoga for pregnant women

Meditation

1. Basic Kriya Yoga Meditation
2. Energization exercises
3. Benefits of meditation and why meditate.
4. Yoga Nidra, yogic sleep.

Teacher training Complete Program dates in detail

(12 intensive weekends plus a 50-hour retreat week)

Dates: September 27 and 28/2025 (online); October 18 and 19/2025 (online and in presence); November 29 and 30/2025 (online); December 13 and 14/2025 (online); January 24 and 25/2026 (online and in presence); February 28 and March 1/2026 (online); March 21 and 22/2026 (online and in presence); April 25 and 26/2026 (online); May 23 and 24/2026 (online and in presence); June 27 and 28/2026 (online); retreat week: July 11 to 18/2026; August 29 and 30/2026 (online) and September 19 and 20/2026 (online and in presence).

Timetable

(Local time in Tenerife - in Italy, one hour more).

Meeting 1:

September 27 and 28/2025

Saturday:

9:30 - 11:30 - 30 min meditation plus Hatha flow and pranayama practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 1. (Italy 12:30 - 14:00)

14:30 - 16:00 - Ayurveda Theory 1 (Italy 15:30 - 17:00)

16:00 - 17:30 - Mantra Theory 1 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama theory 1 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga workshop 1 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 -19:30)

Meeting 2:

October 18 and 19/2025

Saturday:

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 2. (Italy 12:30 - 14:00)

14:30 - 16:00 - Ayurveda Theory 2 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 2 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:45 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:00)

11:30 - 13:00 - Pranayama theory 2 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga workshop 2 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 3:

November 29 and 30/2025

Saturday:

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 3 (Italy 12:30 - 14:00)

14:30 - 16:00 - Ayurveda Theory 3 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 3 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama 3 theory (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga 3 workshop (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 4:

December 13 and 14/2025

Saturday:

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 4 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 1 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 4 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama theory 4 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga workshop 4 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 5

January 24 and 25/2026

Saturday

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 5 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 2 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 5 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama theory 5 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga workshop 5 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 6:

February 28 and March 1/2026

Saturday

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 6 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 3 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 6 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice and meditation with mantras. (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Kundalini yoga and meditation practice (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama theory 6 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha yoga workshop 6 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 7:

March 21 and 22/2026

Saturday

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 7 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 4 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 7 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice, mantra and meditation (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Meditation 30 min and Kundalini yoga and mantra practice. (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama Theory 7 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha Yoga workshop 7 (Italy 15:30 - 17:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 8:

April 25 and 26/2026

Saturday

9:30 _ 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 8 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 5 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 8 (Italy 17:00 - 18:30)

17:30 _ 19:30 - Kundalini Yoga practice, mantra and meditation (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - 30 min meditation, Kundalini Yoga and mantra practice. (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama 8 (Italy 12:30 - 14:00)

14:30 - 17:00 - Hatha Yoga workshop 8 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 9:

May 23 and 24/2026

Saturday

9:30 _ 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 9 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 6 (Italy 15:30 - 17:00)

16:00 - 17:30 - meditation and Mantra Theory 9 (Italy 17:00 - 18:30)

17:30 _ 19:30 - Kundalini Yoga practice, mantra and meditation (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Meditation 30 min and Kundalini yoga and mantra practice. (Italy 10:00 - 12:30)

11:30 - 13:00 - Pranayama 9 (Italy 12:30 - 14:00)

14:30 - 17:00 - hatha yoga workshop 9 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 10:

June 27 and 28/2026

Saturday

9:30 - 11:30 -Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Philosophy Theory 10 (Italy 12:30 - 14:00)

14:30 - 16:00 - Anatomy Theory 7 (Italy 15:30 - 17:00)

16:00 - 17:30 - Meditation and Mantra Theory 10 (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice, mantra and meditation (Italy 18:30 - 20:30)

Sunday:

9:00 - 11:30 - Meditation 30 min and Hatha Yoga flow and pranayama practice. (Italy 10:00 - 12:30)

11:30 - 13:00 - Subtle body theory 1 (Italy 12:30 - 14:00)

14:30 - 17:00 - Kundalini Yoga workshop 1 (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 11: retreat 11 to 18 July/2026 in presence or online

Saturday, July 11/2026

17:00 - 18:30 - Theory Philosophy 11 - Harmonious communication, prosperity and teacher responsibility inside and outside the classroom (Italy 18:00 - 19:30)

18:30 - 20:30 - Kundalini Yoga practice and meditation (Italy 19:30 - 21:30)

Sunday, July 12/2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30 - 10:00 - Hatha Flow and pranayama practice (Italy 9:30 - 11:00)

16:00 - 17:30 - chants and anatomy theory - 8 - Spinal Biomechanics - The Spine (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga Practice, Mantra and Meditation (Italy 18:30 - 20:30)

21:00 - 22:00 - Mantra Theory 11 - Ra Ma Da Sa, Sa Ta Na Ma, and Other Kundalini Mantras - Celestial Communication (Italy 22:00 - 23:00)

Monday, July 13/2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30- 10:00 - Practice Hatha flow Yoga and pranayama. (Italy 9:30 - 11:00)

16:00 - 17:30 - Theory of subtle bodies 2 - Pancha Prana and Vibhaga Pranayama (Italy 17:00 - 18:30)

17:30 - 20:30 workshop Kundalini Yoga 2 - Warm-up exercises and short final meditation (Italy 18:30 - 21:30)

Tuesday 14 July/2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30 - 10:00 - Hatha flow and pranayama practice (Italy 9:30 - 11:00)

16:00 - 17:30 - Theory Philosophy 12 - Meditation, Kriya Yoga and the masters (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice, mantra and meditation (Italy 18:30 - 20:30)

21:00 - 22:00 - mantra theory 12 - Guru mantras and variations (Italy 22:00 - 23:00)

Wednesday, July 15, 2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30 - 10:00 - hatha flow and pranayama practice (Italy 9:30 - 11:00)

16:00 - 17:30 - Chanting and anatomy theory 9 - The immune system (Italy 17:00 - 18:30)

17:30 - 19:30 - Kundalini Yoga practice, mantras and meditation (Italy 18:30 - 20:30)

20:30 - 22:00 - subtle body theory 3 - What are chakras? Study on the first chakras (Italy 22:00 - 23:00)

Thursday, July 16/2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30 - 10:00 - practice kundalini yoga, mantra and meditation (Italy 9:30 - 11:00)

16:00 - 19:00 - workshop Kundalini Yoga 3 - Mudras, hand gestures (Italy 17:00 - 20:00)

21:00 - 22:00 - theory Meditation 1 - Base of Kriya yoga - Hong-so and om (Italy 22:00 - 23:00)

Friday, July 17/2026

7:00 - 8:30 - long guided meditation, with chants and in silence (Italy 8:00 - 9:30)

8:30 - 10:00 - practice hatha flow and pranayama (Italy 9:30 - 11:00)

16:00 - 17:30 - anatomy 10 - the genitourinary system (Italy 17:00 - 18:30)

17:30 - 19:30 - practice kundalini yoga, mantra and meditation (Italy 18:30 - 20:30)

20:30 - 22:00 - theory subtle bodies continuation on chakras (Italy 21:30 - 23:00)

Saturday 18 July/2026

7:00 - 8:30 - long meditation (Italy 8:00 - 9:30)

8:30 - 10:00 - Kundalini Yoga and Mantra (Italy 9:30 - 11:00)

12:00 - 13:00 - last satsang - study on chakras and end of retreat program (Italy 13:00 - 14:00)

Meeting 12:

August 29 and 30/2024

Saturday

9:30 - 11:30 - Hatha flow, pranayama and meditation practice. (Italy 10:30 - 12:30)

11:30 - 13:00 - Theory Philosophy Meditation 2 - energization exercises (Italy 12:30 - 14:00)

14:30 - 17:30 - Meditation and Theory Philosophy Meditation 3 - benefits of meditation (Italy 15:30 - 18:30)

17:45 - 19:30 - practice kundalini yoga, mantra and meditation (Italy 18:45 - 20:30)

Sunday:

9:00 - 11:00 - Kundalini Yoga, mantra and meditation. (Italy 10:00 - 12:00)

11:15 - 12:45 - theory meditation 4 yoga nidra + explanation and start of the theoretical exam and (Italy 12:15 - 13:45)

14:30 - 17:00 - workshop Kundalini Yoga in yoga therapy (Italy 15:30 - 18:00)

17:30 - 18:30 - long meditation practice. (Italy 18:30 - 19:30)

Meeting 13:

September 19 and 20/2025

Saturday

9:30 - 11:30 - Meditation of 30 min plus Practical exam kundalini yoga group 1 (Italy 10:30 - 12:30)

11:30 - 13:00 - Satsang and Answers of the theoretical exam (Italy 12:30 - 14:00)

16:00 - 17:30 - practical exam hatha flow group 2 (Italy 17:00 - 18:30)

18:00 - 19:00 - meditation and mantra (Italy 19:00 - 20:00)

Sunday:

9:30 - 11:30 - meditation of 30 min plus Practical exam hatha group 1 (Italy 10:30 - 12:30)

11:30 - 13:00 - final ceremony awarding diplomas (Italy 12:30 - 14:00)

15:00 - 16:30 - practical exam kundalini yoga group 2 (Italy 16:00 - 17:30)

17:00 - 20:00 - sacred ceremony of kriya yoga* (Italy 18:00 - 21:00)

***optional, only for kriyabans; those who feel in tune with this lineage and who are meditating regularly.**

Training course contribution

Prema Kriya Yoga Teacher training 250 hours

with Yoga Alliance diploma:

Total: 2100,00 euros + 210.00 euros of the yoga alliance diploma.

- This value includes the entire 250-hour course, 100% online on zoom and all face-to-face meetings at Marta Sclafani's "Peace Love Yoga" yoga center | at Via Jannozzi 44 20097 San Donato Milanese, Milan, Italy; the videos that will be recorded on YouTube and which will only be available to participants; the practical-theoretical PDF handouts (+ 400 pages) which will be sent via email to the participants and the 250 hour yoga and meditation teacher diploma issued by the Prema Kriya Yoga school recognized internationally by the yoga alliance.
- I will also be available individually for any clarifications and exchanges of ideas throughout the course.
- This value does not include food and accommodation for the week of retreat in July which will be extra.
- The payment of **2,310.00 euros** can be made on sight, through a bank transfer as follows

Raquel Fischer Barros

IBAN IT32G 02008 01422 000103840080

Or, with PayPal; considering an additional 5% tax for a total of 2425.50 euros.

The email for PayPal payment is premakriyayoga.com@gmail.com

- installment payment available on request.

Reservations and more information, write to me directly:

Raquel Bhavani

Email premakriyayoga.it.br@gmail.com

whatsapp +34 658 21 3100

www.premakriyayoga.com

“Intuition is the guide of the soul, and manifests itself naturally in man when the mind is calm. The science of yoga is designed to calm the mind, so that it can clearly hear the unfailing counsel of the inner voice.” Yogananda

“Solve all your problems through meditation,” said Lahiri Mahasaya. “Get in tune with the active inner guidance; the divine voice can answer all the questions of life. Even if men's ability to get into trouble seems inexhaustible, God's infinite help will be no less ingenious.”



Prema Kriya Yoga