

PREMA KRIYA YOGA RETREAT  
HAR GOBINDAY - SPIRIT AND NATURE DANCING TOGETHER



WHEN  
FROM JULY 11TH  
TO JULY 18TH

WHERE: AT HEALING  
GARDEN,  
IN TENERIFE SOUTH

*Info with Raquel Bhavani*

*whatsapp*  
*+34 658 21 3100*

*www.premakriyayoga.com*



**Prema Kriya Yoga retreats are an opportunity for growth and sharing in life and yoga.**

**They are an experience of deepening one's understanding of yogic practices, meditation, self-study, and connection with nature—both internal and external.**

**They are a way to relax and spend more time in silence, far from the hustle and bustle of modern life. They are a way to recharge, regenerate, purify, and create moments of reflection to be more in touch with ourselves (our True Self).**

**These moments will transform us and help us relate better and more easily to the whole of life: the world around us, work, personal life, ourselves, and others; with greater awareness and inner tranquility—bringing yoga into our daily lives.**

**The "Har Gobinday" retreat will be a week of yoga practices: kundalini, hatha flow, mantra, and kriya meditation; along with philosophical studies and in-depth explorations of practices and anatomy. You are, of course, free to participate only in the practices and/or studies you prefer.**

**In your free time, you can enjoy the wonderful "Healing Garden" <https://www.tenerifehealinggarden.com/> where we will be guests, taking nature walks, sunbathing by the pool, relaxing, or you can also visit the beach or the beautiful volcanic mountains of this island waiting to be discovered.**

**The food will be vegetarian or vegan (please let us know if you have any other restrictions), and we will offer breakfast**

and dinner included in the price.

Spaces are very limited (4) because the first villa we rented is already full. Therefore, we will need your confirmation, if possible, by January 30, 2026, to book the other villa for you. This way, you can book your plane tickets in advance at better prices... One more detail: if you want to explore the island, I recommend renting a car when you're here (perhaps with more people at the same time, which we can put you in touch with...)

If you have any questions, I'm here to help.

Love, prema

Raquel Bhavani

[www.premakriyayoga.com](http://www.premakriyayoga.com)



Prema Kriya Yoga

**Total contribution for the "Har Gobinday" retreat:**

**€850 - double room**

**€1050 - single room**



**The price includes**

**- accommodation and food with half board (vegan or vegetarian breakfast and dinner) prepared by Alessandro De Benedetti at the Healing Garden**

**<https://www.tenerifehealinggarden.com/>**

**- all practices, meditations, and studies for a total of more than 50 hours**

**- you will receive an internationally recognized Yoga Alliance certificate for 50 hours of training.**



**To book, we require a 50% deposit by February 18, 2026,  
and the remaining 50% by June 15, 2026.**

**Here are the payment methods:**

- via PayPal (email: [premakriyayoga.com@gmail.com](mailto:premakriyayoga.com@gmail.com))**
- or by bank transfer to Unicredit bank, IBAN: IT32G 02008  
01422 000103840080**

**After completing the payment, please send me a  
WhatsApp message with the proof of payment.**

**Thank you very much.**

**Full program in detail:**

**Retreat "Har Gobinday, Spirit and Nature Dance Together"**

**July 11-18, 2026**

**Saturday, July 11, 2026**

4:00 PM - Short Opening Ceremony and Meditation

4:30 PM - 6:00 PM - Philosophy Theory - Harmonious Communication, Prosperity, and Teacher Responsibility Inside and Outside the Classroom

6:00 PM - 8:15 PM - Kundalini Yoga Practice and Meditation

8:30 PM - Dinner

**Sunday, July 12, 2026**

6:30 AM - 9:30 AM - Full Long Sadhana: Hatha Flow Practice, Pranayama, Meditation, and Relaxation

9:45 AM - Breakfast

11:00 AM - 12:15 PM - Chanting and Anatomy Theory Spinal Biomechanics - The Spine

Break

4:30 PM - 6:00 PM - Mantra Theory - Ra Ma Da Sa, Sa Ta Na Ma, and Other Kundalini Mantras - Celestial Communication

6:15 PM - 8:15 PM - Kundalini yoga, mantra, and meditation practice

8:30 PM - Dinner

### **Monday, July 13, 2026**

6:30 - 9:30 - Full long sadhana: Hatha Flow practice, pranayama, meditation, and relaxation

9:45 - Breakfast

11:00 - 12:30 - Subtle body theory - Pancha Prana and Vibhaga Pranayama

Break

5:00 - 8:15 pm Kundalini Yoga workshop - Warm-up exercises and short final meditation

8:30 - Dinner

### **Tuesday, July 14, 2026**

6:30 - 9:30 - Full long sadhana: Hatha Flow practice, pranayama, meditation, and relaxation

9:45 - Breakfast

11:00 - 12:30 - Theory, Philosophy, Meditation, Kriya Yoga, and the Masters

Break

4:30 - 6:00 PM - Mantra theory - Guru mantras and variations

6:00 - 8:15 PM - Kundalini Yoga practice, mantras, and meditation

8:30 PM - Dinner

### **Wednesday, July 15 2026**

6:30 - 9:30 - Full long sadhana: Hatha Flow practice, pranayama, meditation, and relaxation

9:45 - Breakfast

11:00 - 12:15 - Chanting and Anatomy Theory 9 - The Immune System

Break

16:30 - 18:00 - Subtle Body Theory - What are chakras? Study of the first chakras

6:00 PM - 8:15 PM - Kundalini Yoga practice, mantras, and meditation

8:30 PM - Dinner

### **Thursday, July 16, 2026**

6:30 AM - 9:30 AM - Full long sadhana: Kundalini practice - Hatha Flow, pranayama, meditation, and relaxation

9:45 AM - Breakfast

11:00 AM - 12:30 PM - Meditation theory - Basics of Kriya Yoga - Hong-so and Om

Break

4:30 PM - 8:00 PM - Kundalini Yoga workshop 3 - Mudras, hand gestures, and meditation

8:30 PM - Dinner

### **Friday, July 17, 2026**

6:30 AM - 9:30 AM - Full long sadhana: Kundalini practice - Hatha Flow, pranayama, meditation, and relaxation

9:45 AM - Breakfast

11:00 AM - 12:30 PM - Anatomy - The genitourinary system Break

4:30 - 6:00 PM - Theory of the subtle bodies, continuation of the chakras

6:00 - 7:30 PM - Kundalini yoga practice, mantras, and meditation

7:45 PM - Dinner

9:00 - 10:00 PM - Final ceremony with mantra chanting and meditation

**Saturday, July 18 2026**

6:30 - 9:30 - Full long sadhana: Kundalini practice - Hatha Flow, pranayama, meditation, and relaxation

9:45 - Breakfast

11:00 - 11:30 - Short final satsang - and end of the retreat program

Checkout.

I look forward to seeing you with immense joy.

For more information and to book, contact me directly on WhatsApp at +34 658213100.

Thank you so much, and I look forward to sharing with you this wonderful sacred science that has accompanied me for over 20 years.

In Love, Prema

Raquel Bhavani

[www.premakriyayoga.com](http://www.premakriyayoga.com)

"You don't have to let your life flow in an ordinary way; do something no one else has done, something that will dazzle the world. Show that God's creative principle is at work within you."

Yogananda

Here are some photos of Healing Garden:







Here is a photo from the last retreat in Tenerife.

