

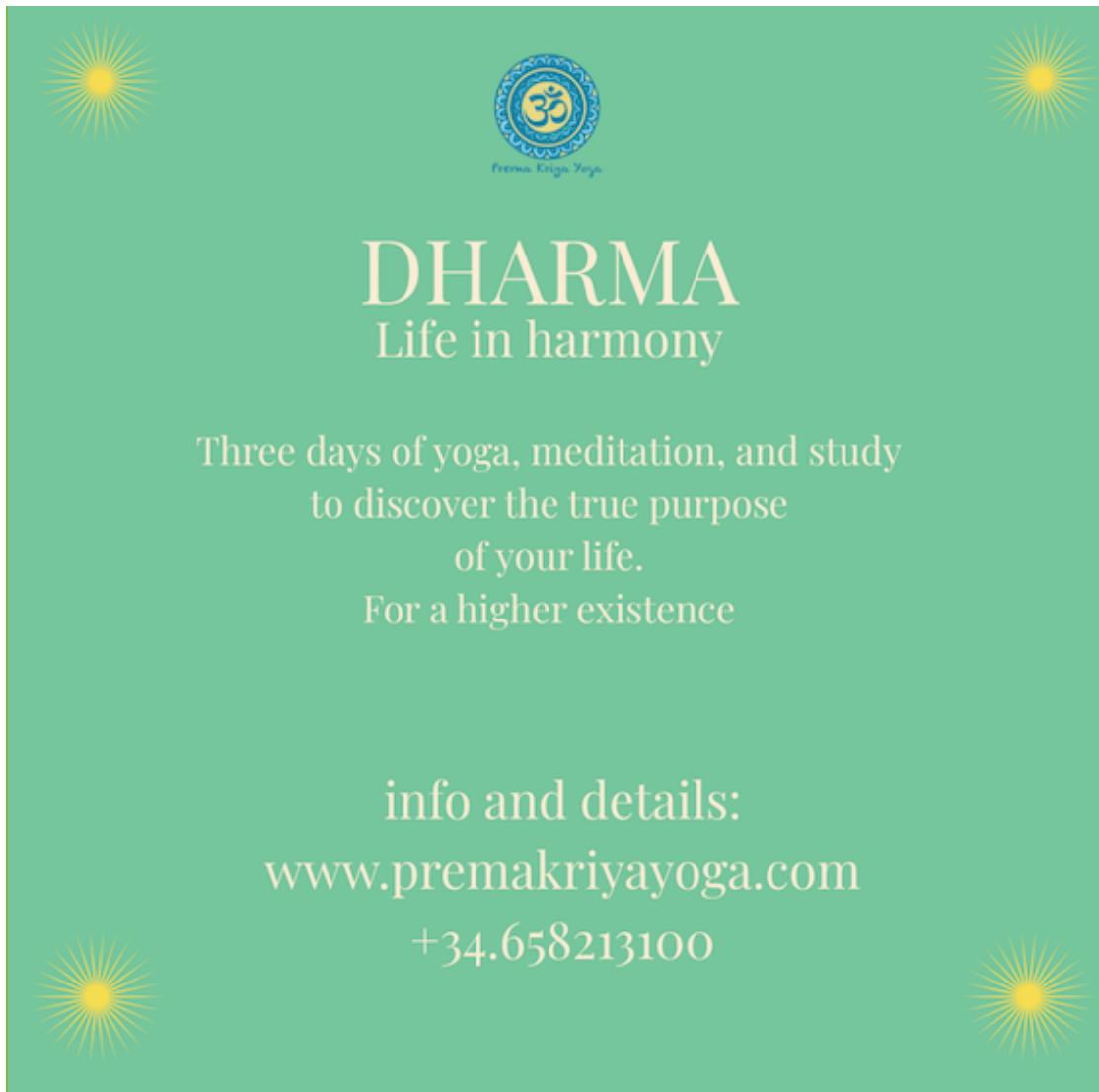


DHARMA
Life in Harmony

From May 29
to June 1, 2026

with
Raquel Bhavani

Dianogreen
Diano San Pietro, Liguria
www.dianogreen.it

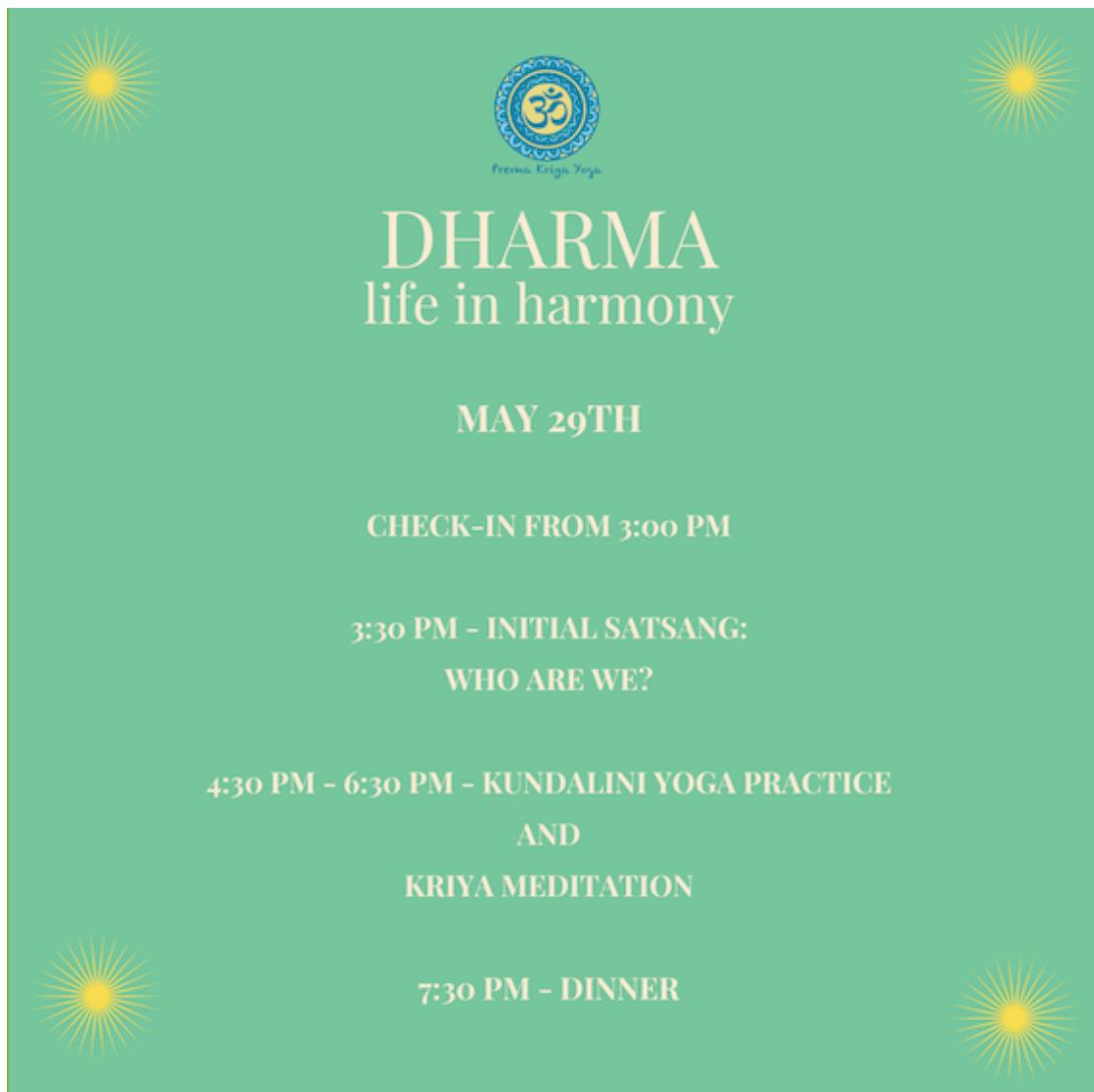


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Life in harmony

Three days of yoga, meditation, and study
to discover the true purpose
of your life.
For a higher existence

info and details:
www.premakriyayoga.com
+34.658213100

Program in detail



Premo Kriya Yoga

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MAY 29TH

CHECK-IN FROM 3:00 PM

**3:30 PM - INITIAL SATSANG:
WHO ARE WE?**

**4:30 PM - 6:30 PM - KUNDALINI YOGA PRACTICE
AND
KRIYA MEDITATION**

7:30 PM - DINNER

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MAY 30TH

6:00 - 9:00 - COMPLETE SADHANA:
ENERGY RECHARGE, PREMA KUNDALINI, MANTRA AND KRIYA MEDITATION

9.30AM - BREAKFAST AND FREE TIME

3.30PM - 5PM - SATSANG:
THE MANTRA SVALPAM APYASYA DHARMASYA TRĀYATE MAHATO BHAYĀT

5PM - 6.45PM - HATHA FLOW YOGA AND KRIYA MEDITATION

7.00PM - DINNER

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MAY 31

6:00 - 9:00 - FULL SADHANA:
ENERGY RECHARGING, PREMA KUNDALINI, MANTRA AND KRIYA MEDITATION

9:30 - BREAKFAST AND FREE TIME

3:30 - 5:00 PM - SATSANG:
YOU MUST LIVE THIS LIFE. WHY NOT IN THE HIGHEST WAY?

5:00 - 6:45 PM - HATHA FLOW YOGA AND KRIYA MEDITATION

7:00 PM - DINNER



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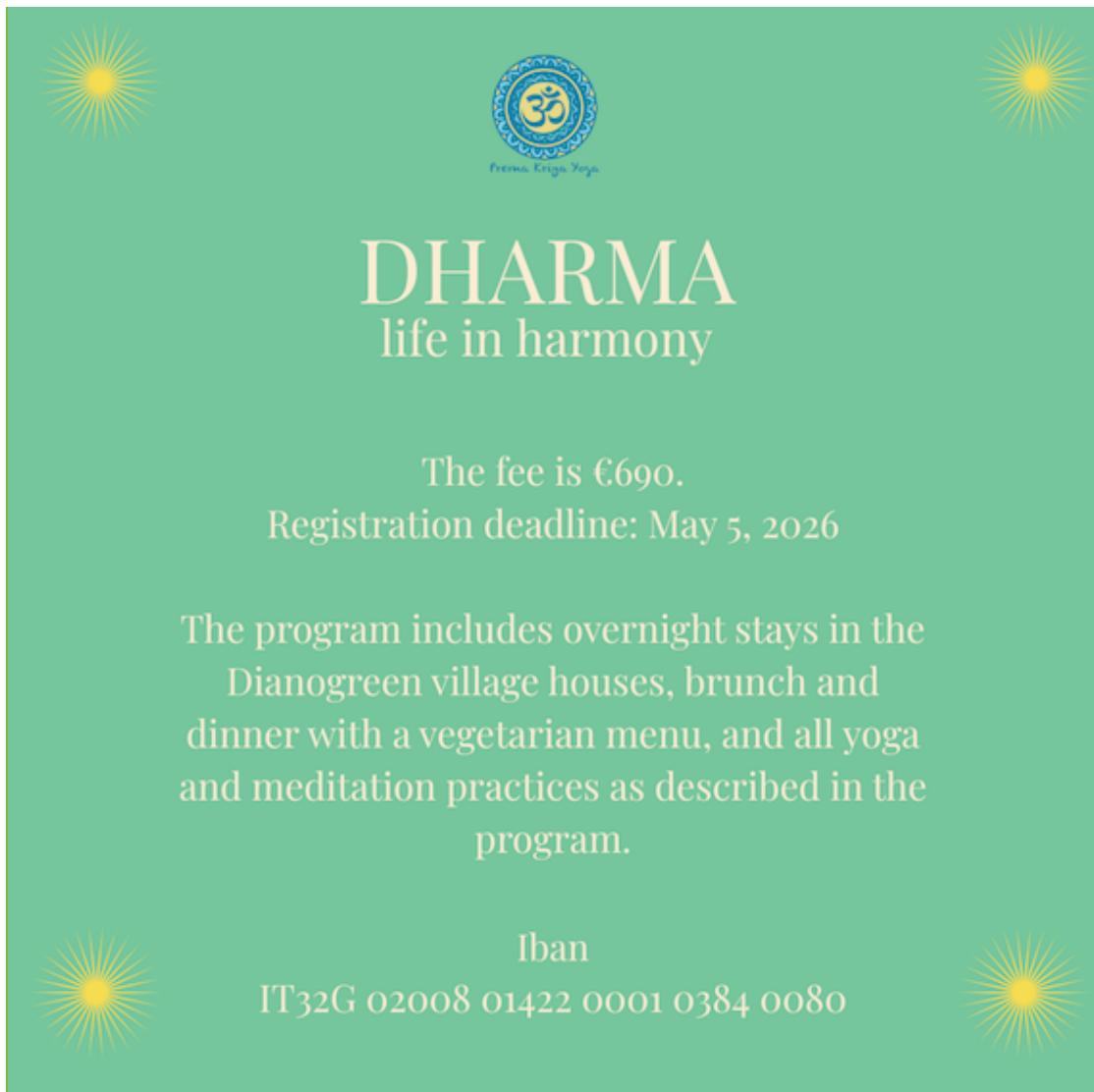
JUNE 1

6:00 - 9:00 - FULL SADHANA:
ENERGY RECHARGING, PREMA KUNDALINI, MANTRA AND
KRIYA MEDITATION

9:30 - BREAKFAST

10:30 - FINAL CIRCLE:
MAINTAINING CREATIVITY
AND DIVINE MAGNETISM IN EVERYDAY LIFE.

CHECK OUT BY 12:00



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The fee is €690.
Registration deadline: May 5, 2026

The program includes overnight stays in the Dianogreen village houses, brunch and dinner with a vegetarian menu, and all yoga and meditation practices as described in the program.

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“You'll be surprised how much spending time in retreat can benefit your body, mind, and soul... Filtering through the gates of silence, the healing sun of wisdom and peace will shine upon you.

Paramahansa Yogananda

with Love, Prema
Raquel Bhavani & Alessandra Vagishvari
www.premakriyayoga.com &
www.dianogreen.it