






DHARMA
Life in Harmony

From May 29
to June 1, 2026

with
Raquel Bhavani

Dianogreen
Diano San Pietro, Liguria
www.dianogreen.it





DHARMA

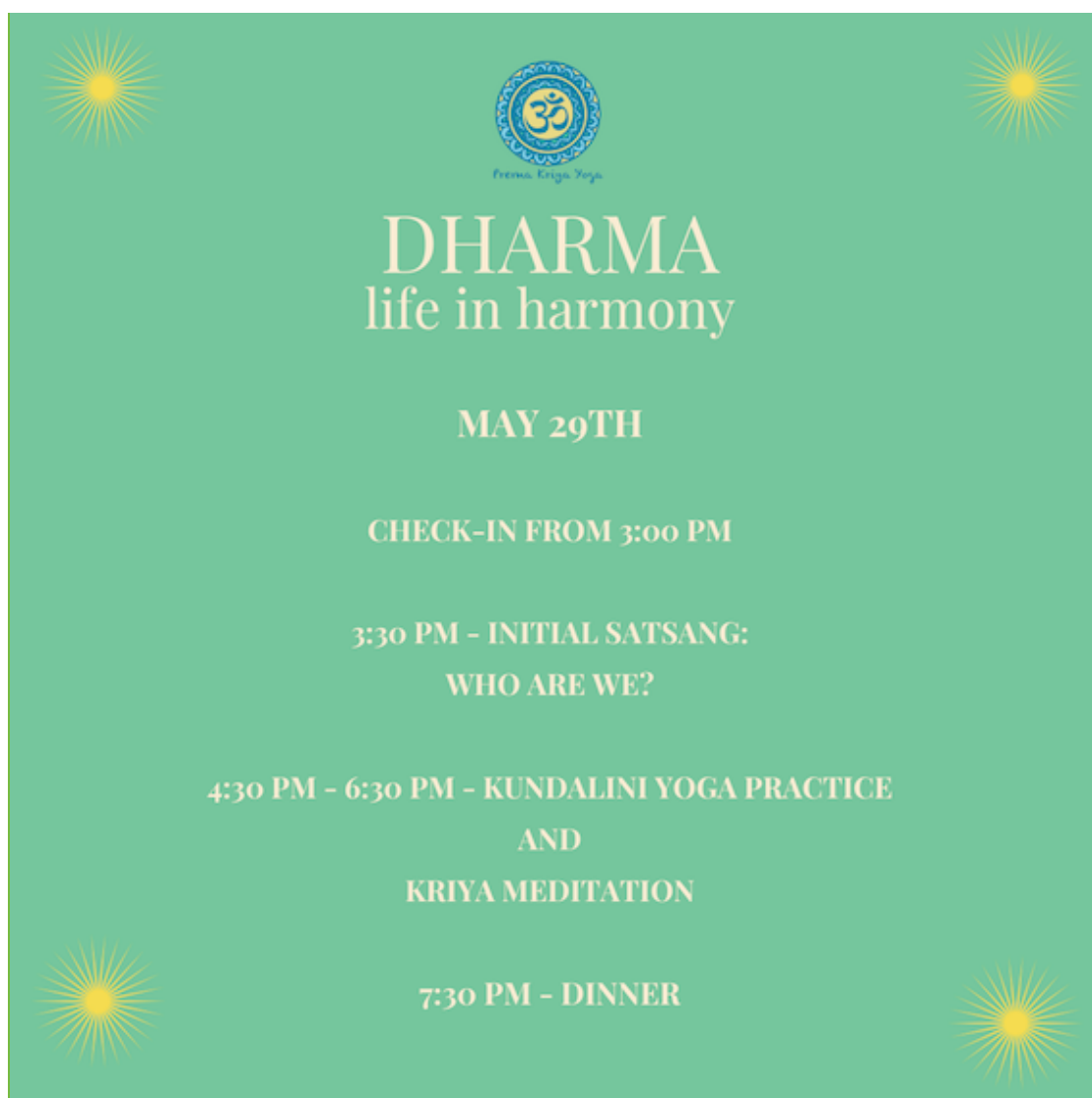
Life in harmony

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



The poster is a green rectangle with four yellow sunburst icons in the corners. At the top center is a circular logo with a blue border, a yellow 'Om' symbol, and the text 'Prema Kriza Yoga' below it. The main text is centered and reads: 'DHARMA' in large serif font, 'life in harmony' in smaller lowercase serif font, 'MAY 29TH' in bold sans-serif font, 'CHECK-IN FROM 3:00 PM' in bold sans-serif font, '3:30 PM - INITIAL SATSANG: WHO ARE WE?' in bold sans-serif font, '4:30 PM - 6:30 PM - KUNDALINI YOGA PRACTICE AND KRIYA MEDITATION' in bold sans-serif font, and '7:30 PM - DINNER' in bold sans-serif font.


Prema Kriza 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

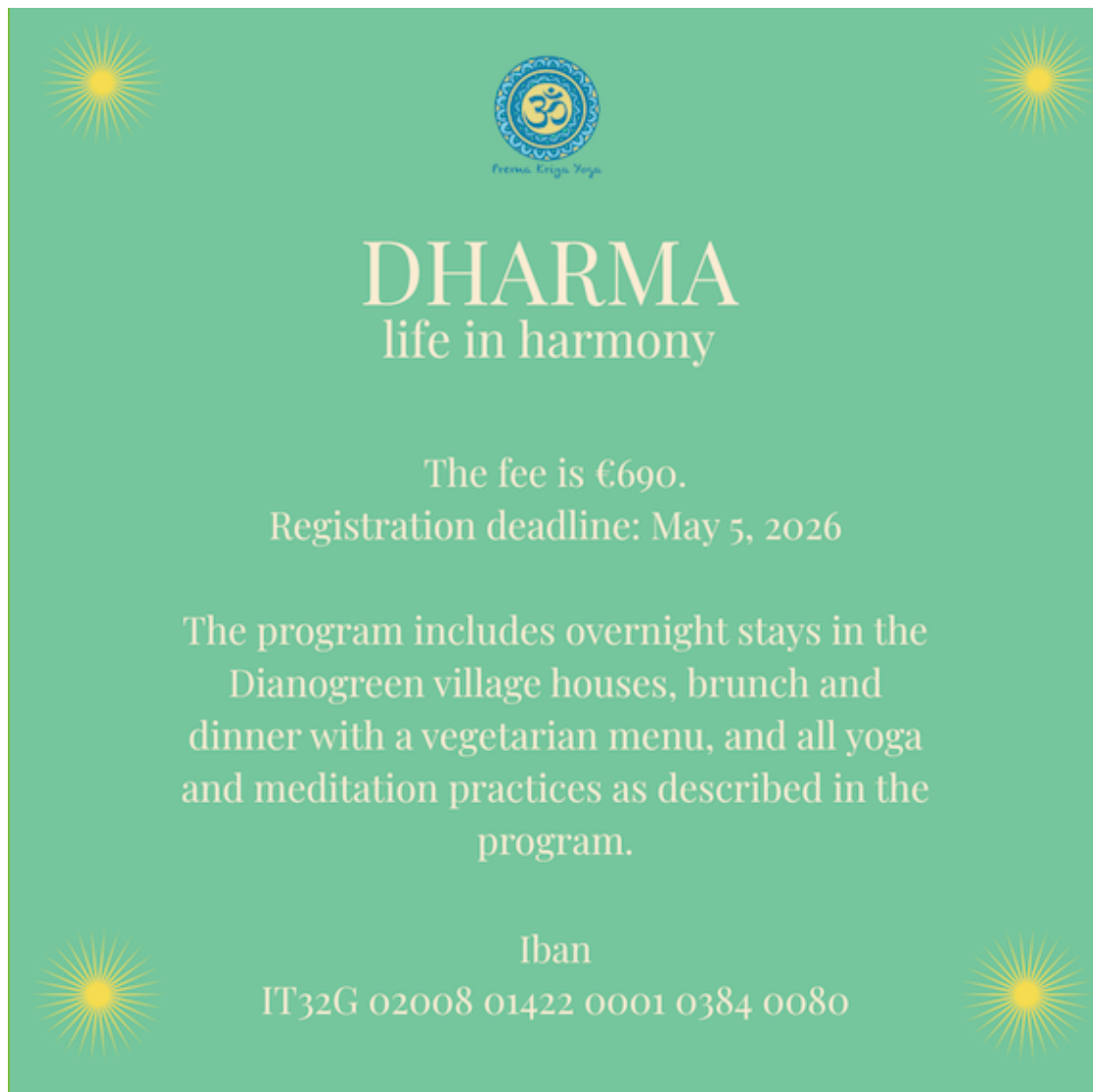
6:00 - 9:00 - FULL SADHANA:
ENERGY RECHARGING, PREMA KUNDALINI, MANTRA AND
KRIYA MEDITATION

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

