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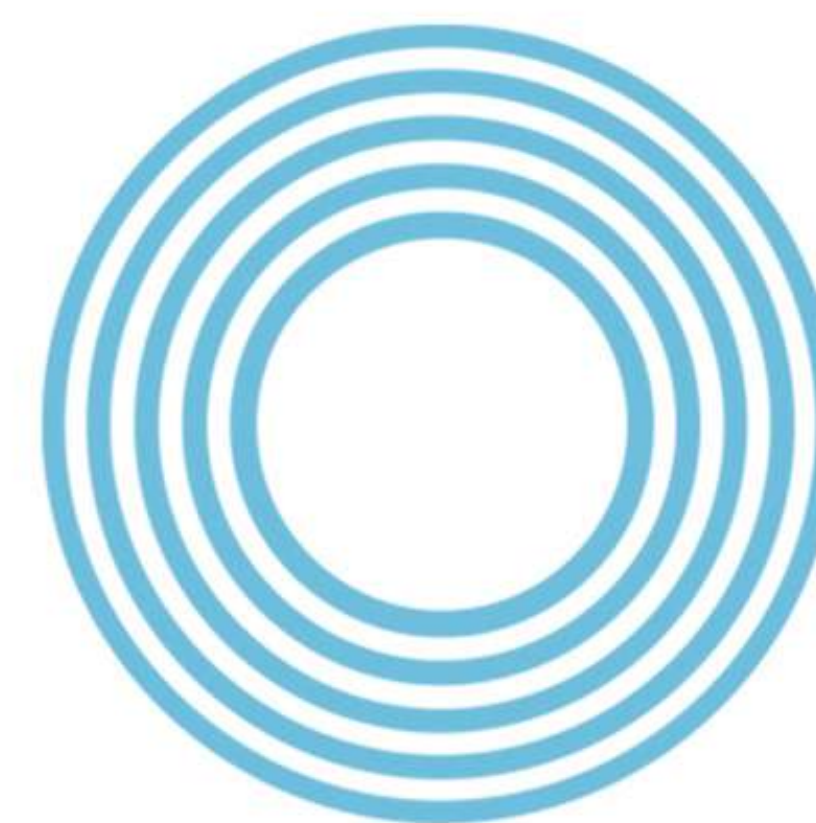
Swami Santhi Prasad
Intensive Summer Retreats

17 | 20 July

**HATHA YOGA &
MEDITATION**

20 | 22 July

**KRIYA YOGA &
MEDITATION**



school of santhi

Traditional Yoga School

Italy



Book within 15 June 2026

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INTRODUCTION

The Philosophy of Yoga offers a gradual and transformative path that, starting from the most concrete aspects of human experience, leads towards the discovery of the most subtle levels of consciousness. Practices such as Yoga and Meditation allow us to overcome mental conditioning and get in touch with our deepest nature, offering effective tools for introspection and inner growth. Regular practice relax the body, make the mind flexible and focused and open us up to understand the deepest aspects of the self.



HATHA YOGA AND MEDITATION - HYM is a Retreat for those who wish to deepen their meditation practice according to the tradition of Indian yoga, exploring its **theoretical roots and practical applications**. Led by Swami Santhi Prasad, you will be introduced to different styles of meditation linked to the various approaches of traditional yoga, including **tantric yoga, classical yoga and other integrated practices**. You will discover the profound meaning of meditation in personal growth and in improving the quality of life. **2 daily Hatha Yoga sessions** will prepare you and keep you in a meditative attitude.

YOGA LEVEL

**Open to all levels of practitioners
beginners, intermediate, advanced**

**RETREAT DATE
17 | 20 JULY**

KRIYA YOGA AND MEDITATION - KYM is an intensive Retreat which offers an in-depth exploration of the subtle dimensions of yogic practice, approached through both theoretical study and direct experiential work. Participants will be guided through **traditional Kriya and Mudra** practices rooted in the classical yoga tradition, with particular attention to how these methods **refine awareness, regulate inner energy and stabilize a profound meditation practice.**



The program integrates **lectures, guided practices** and moments of **silent observation**, allowing practitioners to deepen their understanding of the **energetic and psycho-spiritual aspects of yoga**. Emphasis will be placed on the relationship between breath, subtle perception, and meditative absorption, offering practical tools for those wishing to expand their personal sadhana. Due to the specific and advanced nature of the techniques presented, this retreat is reserved for experienced practitioners who already have a consistent background in yoga and meditation.

YOGA LEVEL

Open to intermediate/advanced practitioners
HYM also recommended as preparatory

RETREAT DATE
20 | 22 JULY

ORGANISATION

The HYM retreat starts on Friday at 04:00 pm (1° session) and ends on Monday at 02:30 pm, after lunch. The KYM retreat starts on Monday at 04:00 pm (1° session) and ends on Wednesday at 02:30 pm, after lunch.

Attend each retreat separately or join both programs at a discounted rate!

Although it is possible to participate only in the Kriya Yoga retreat, attending both retreats is strongly recommended, as the first program provides an important preparatory foundation for the second.

DAILY PROGRAM

7:00 | 9:00 am morning practice, 9:00 am breakfast, 10:30 am | 1:00 pm teachings, 1:00 pm lunch and free time, 4:00 | 6:30 pm teachings, 6:30 pm | 7:30 pm evening practice, 8:30 pm dinner.



Agriturismo Pianconvento

Frazione Monteguidi 49, Bagno di Romagna FC
Vegetarian Cuisine | Specializing in Retreats

www.pianconvento.it

The price of the retreat includes the **seminar** and **full board accommodation**. It varies depending on whether you are staying in a single, double or triple room.

Book your room as soon as possible!