

Yoga Study & Research Rome Yoga Studio & Research VIA CARONCINI 53 ROME PARIOLI

"Instead of just using Yoga as therapy to help yourself use Yoga like a Sadhana to evolve yourself. Now is the time to think about how you can use Yoga to become better in life, to become more positive in life, to become more open in life and to live the yogic Path."

Swami Niranananda Saraswati

We are pleased to present

"Satyananda Yoga"

A Silent Revolution

YOGA RETREATS & SEMINARS

of Training & Research

2025/26

aimed at Yoga instructors and all sincere Yoga researchers

THE SEMINARS WILL BE HELD IN DOUBLE MODE : IN PRESENCE AND ONLINE

IMMACULATE

5-8 DECEMBER 2025 Yoga & Meditation Retreat & Introduction to the Seminar Course A Yoga Retreat

In a very fascinating place in the heart of historical and eternal Rome in the atmosphere of the Christmas holidays which in Rome is great magic..

An ancient villa on the Gianicolo Hill exclusively for us

to meet and understand together the essence of a great Tradition which he has retained to this day millennia of History, Philosophy and Science of Yoga handed down from one Master to another

Theory and Practice Days And Introduction to a Course of introductory seminars on some Jewels of the satyananda yoga tradition from the last vision of Swami Niranjanananda Saraswati

YOGA PILLS

The applications of Yoga in the treatment of common ailments

DYANHAM

Yoga Nidra and Meditations

CHAKRA

Chakra Awakening & Meditations for Integrated Chakra Awareness

Each Yoga Retreat will be dedicated to 3 topics and will take place with a progressive path

BOOKINGS FOR THE IMMACULATE YOGA RETREAT MAX BY 30 OCTOBER

1st Retreats Programme Satyananda Yoga

a Silent Revolution & Introduction to the 2025 Seminar Path

1^oday THURSDAY

arrival and check-in to the room 2-4pm Welcome herbal teas 6-8pm Introduction and

Presentation of the Program Theory and Practice

8.30pm Dinner rest

2° day FRIDAY

06-09 am Morning meditation

Practical yoga pills of asanas and pranayama

9-10 breakfast relaxation and free time

1-2pm light lunch

15-16 Yoga Nidra 4.30pm afternoon herbal teas

18-20 Yoga Pills Theory and practice of asanas and pranayama

20-30 Light dinner

Rest

3° day SATURDAY

06-09 Morning meditation

Chakra Theory and Practice

9-10 breakfast relaxation and free time

1-2pm light lunch

15-16 Yoga Nidra 4.30pm afternoon herbal teas

18-20 Yoga Pills Theory and practice of asanas and pranayama Meditations

20-30 Light dinner Rest

4° day SUNDAY

06-09 Chakra Theory and Practice

9-10 breakfast

10-11 Conclusion of the program and greetings

SEMINARS ARE PROPOSED IN THE FORMULA RETREAT/ SEMINARS COMPLETE COURSE PROGRAM OR ONLY 1 SEMINAR COURSE OF YOUR CHOICE

SEMINAR COURSES MAX REGISTRATIONS BY 12/15/2025

COSTS

5-8 DECEMBER 2025 Yoga and Meditation SATYANANDA YOGA A Silent Revolution & Introduction Seminar Path

single room €890 shared double room €690 per person

triple room €650 per person

MAX BOOKINGS BY 30 OCTOBER SEMINAR

PROGRAM 2025/26

5 retreats + full programme weekend (3 nights/4 days) with accommodation and meals

single room €3900

shared double room

€2900

triple room €2500 7 retreats+full

programme weekend (3 nights/4 days) with accommodation and meals

single room €4900 shared double room €3900

triple room €3500

1 Seminar Course of your choice without stay and meals

5 Seminars

Yoga pills €990 Dyanam €690

7 Chakra Seminars €1590

PAYMENT METHODS

SATYANANDA YOGA RETREAT 5-8 DECEMBER IMMACULATE

A DEPOSIT OF €300 IS REQUIRED FOR THE RESERVATION AND THE MAX BALANCE BY
NOVEMBER 5TH

SEMINARS ONLY PAYMENT IS A SINGLE FEE TO BE PAID AT THE TIME OF REGISTRATION

RETREAT PATH

WITH STAY AND MEALS + COMPLETE PROGRAM

PAYMENT CAN BE SPLIT INTO

2 OR 3 RATES

(ON REQUEST)

1ST Payment AT THE TIME OF REGISTRATION

€1500

INFO AND RESERVATIONS

TEL / WHATSAPP

+39 3480806129

francescamarchiyoga@gmail.com

Reservations to participate in residential Yoga Programs you must:

-fill out the registration form for our Yoga School Association and Social and Cultural Promotion

CSEN affiliate + deposit of €250 for weekends and short programs

€350 per week and long holidays (from 5 days upwards) via bank transfer

The bank transfer details will be sent to you at the time of booking sending a copy to:
francescamarchiyoga@gmail.com SMS or whatsapp at 3480806129

In case of cancellation for justified reasons, the deposit will be refunded in full with a voucher to be used within 12 months for another Yoga retreat The balance must be paid by bank transfer max within 30 days prior to your arrival.

We are at your disposal for any request or clarification and to facilitate your reservations.

BOOK NOW EVENT REGISTRATION FORM

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" The Path of Discipleship Discipleship is a process of separation.

One should not hunt for a Guru. It is not necessary to run for a guru. Otherwise one welcomes across a Guru of one's own quality. A disciple is like an object and a Guru is like a mirror. One sees in the Guru what one really is. If the disciple says the Guru is good, it means he is good. If he says the Guru is hopeless it means the disciple is hopeless. This has been a difficult point at least for me. However, one day a great Guru told me: "In order to find the Guru you must try to educate yourself into becoming a disciple". Swami Satyananda Saraswati

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