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tradition satyanandayoga

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Rome Studio Yoga &

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 Niranjanananda Saraswatiy

We are pleased to present

"Satyananda Yoga"

A Silent Revolution

ROUTE

YOGA RETREATS & SEMINARS

of Training & Research

2025/26

Aimed at yoga instructors and all sincere yoga seekers

THE SEMINARS WILL BE HELD IN DUAL MODES.

FIXED LOCATION IN PRESENCE AND ONLINE

IMMACULATA DECEMBER 5-8

2025

Yoga & Meditation Retreat

&

Introduction to the Seminar Pathway

A Yoga Retreat in a very fascinating place

in the heart of historic and eternal Rome

In 'the atmosphere of the Christmas holidays that is great magic in Rome...

An ancient villa on the Janiculum Hill

exclusively for us

to meet and understand together the essence of a great Tradition

which has preserved to this day

millennia of History, Philosophy and Science of Yoga

handed down from one Master to another

Theory and Practice Days

e

Introduction to a

Pathway to Insight Seminars

On some Jewels of the satyananda yoga tradition

since the last viewing of

Swami Niranjanananda Saraswati

YOGA PILLS

Applications of yoga in the treatment of common disorders

DYANHAM

Yoga Nidra and Meditations

CHAKRA

Chakra awakening & Meditations for integrated chakra awareness

Each Yoga Retreat will be devoted to the 3 topics.

and will take place with a progressive Pathway

IMMACULATA YOGA RETREAT RESERVATIONS

MAX BY OCTOBER 30

Program 1stRetreat

Satyananda Yoga

A Silent Revolution

&

Introduction to Seminar Pathway 2025

THURSDAY

arrival and accommodation in the room 14-16 hrs.

Welcome herbal teas

6-8 p.m. Introduction and Program Presentation

Theory and Practice

8:30 p.m. Dinner

rest

FRIDAY

06-09 a.m. Meditation

Practical yoga pills of asanas and pranayama

9-10 breakfast

relaxation and leisure

13-14 light lunch

15-16 Yoga Nidra

4:30 p.m. afternoon tea

18-20 Yoga Pills

Theory and practice of asanas and pranayama

20-30 Light dinner

Rest

SATURDAY

06-09 o'clock

Morning meditation

Chakra Theory and Practice

9-10 breakfast

relaxation and leisure

13-14 light lunch

15-16 Yoga Nidra

4:30 p.m. afternoon tea

18-20 Yoga Pills

Theory and Practice of asanas and pranayama

Meditations

20-30 Light dinner

Rest

SUNDAY

06-09 o'clock

Chakra Theory and Practice

9-10 breakfast

10-11

Program Conclusion and Greetings

SEMINARS ARE OFFERED IN THE FORMULA

RETREAT/ SEMINARS FULL PATH PROGRAM

OR ONLY 1 SEMINAR PATHWAY OF YOUR CHOICE

2025/26 SEMINAR PROGRAM

YOGA PILLS

5 Seminars

Applications of yoga in the treatment of common disorders

Skeletal system -Respiratory system -Cardiovascular system

Gastrointestinal system detox and purification-.

Immune System

"Nowadays man is sick because he thinks he is sick:

sickness and disorders have no place in the life of a man who does not welcome and indulge in self-limiting thoughts that are the real germs of our innumerable disorders. We remain hypnotized by the belief that our fate and destiny are disorders and diseases instead of health and bliss, which are instead truly ours by birth and inheritance.

To emerge from this mass hypnosis and collective hysteria and experience health, joy and creative fulfillment, we must systematically apply yoga in our daily lives."

Swami Satyananda Saraswati

MEDITATIONS & YOGA NIDRA

5 Seminars

Reprogramming the mind

Perfect Union (William Blake)

Seeing a world in a grain of sand and heaven in a wildflower,

Hold infinity in the palm of your hand

And eternity in an hour

CHAKRA

7 Seminars

Awakening of the Chakras 1st YEAR

&

Meditations for integrated chakra awareness

2nd and 3rd YEAR

from the Classical System of Kundalini Yoga

from the satyananda yoga tradition

SEMINAR ROUTE DATES

2025/26

1 WEEKEND PER MONTH

dates are in principle

at the time of registration based on everyone's availability and requests changes may be made

3-6/01

5-8/02

5-8/03

2-5/4

7-10/5

3/10-2/11

5-8/12

YOGA PILLS

5 Seminars

ON FRIDAYS 09-20 HRS.

DYANAM

5 Seminars

SUNDAY.

07-12 o'clock

CHAKRA 1ST YEAR

7 Seminars

SATURDAY.

09-20 hrs.

ENROLLMENTS

YOGA RETREAT & BEGINNING SEMINAR PATH

RESERVATIONS MAX BY 30/10/25

SEMINAR PATHS

MAXIMUM REGISTRATIONS BY 15/12/2025

COSTS

RETREAT DECEMBER 5-8, 2025

Yoga and Meditation

SATYANANDA YOGA

A Silent Revolution

&

Introduction Seminar Pathway

single room €890

shared double room €690 per person

triple room €650 per person

RESERVATIONS MAX BY OCT. 30

2025/26 SEMINAR PATHWAY

5 Retreats+Full Program

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

single room €3900

shared double room €2900

triple room €2500

7 Retreats+Full Program

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

single room €4900

shared double room €3900

triple room €3500

1 Pathway Seminars of your choice

without stay and meals

5 Seminars

Yoga Pills €990

Dyanam €690

7 Chakra Seminars

€1590

METHOD OF PAYMENT

SATYANANDA YOGA RETREAT DECEMBER 5-8 IMMACULATE

FOR RESERVATION IS REQUIRED DEPOSIT TRANSFER OF €300

AND THE BALANCE MAX BY NOVEMBER 5

PATHS ONLY SEMINARS

PAYMENT IS IN A LUMP SUM TO BE PAID AT THE TIME OF REGISTRATION

RETREAT ROUTES WITH STAY AND MEALS+FULL PROGRAM

PAYMENT CAN BE DIVIDED INTO 2 OR 3 INSTALLMENTS UPON REQUEST

1ST INSTALLMENT AT THE TIME OF REGISTRATION €1500

INFO AND RESERVATIONS

TEL / WHATSAPP +39 3480806129

francescamarchiyoga@ gmail.com

BOOK NOW

Reservations

To participate in the Residential Yoga Programs you must :

fill out the appropriate registration form at our Yoga School

Amateur Sports Association and Social and Cultural Promotion Organization

CSEN affiliated

+ deposit of

€250 for weekends and short programs

€350 per week and long vacation (5 days and up)

by bank transfer

Transfer details will be sent to you at the time of booking

By sending a copy to:

francescamarchiyoga@ gmail.com

Text or whatsapp to 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 30days prior to your arrival.

We are at your disposal for any inquiries or clarifications and facilitate your reservations.

BOOK NOW

EVENT REGISTRATION FORM

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 say 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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