



a BREATH *of* WISDOM

**A 50 HRS
IMMERSION IN
NATURE ON
EMBODIED YOGA
PHILOSOPHY
BREATH, MANTRA &
CHANTING**

11.-14. SEPTEMBER 2025
TICINO, SWITZERLAND

SHIVANI^Y
KALI^G_A

The Depth of Yoga Philosophy Through Chanting, Mantras in Breath Taking Nature. A 50 hrs Yoga Alliance Immersion in Embodied Philosophy

Step into a sacred space of sound, ancient yoga wisdom, and deep practice.

This 4-day immersive retreat offers daily Asana, Pranayama, and chanting as powerful forms of breathwork and nervous system regulation. It is a deep dive into Yoga Philosophy and sacred Mantra. Guided by experienced yoga teachers Sivani and Philipp, and enriched by the profound teachings of Siddhartha Krishna, a renowned Sanskrit and Philosophy Acharya from Rishikesh with over 30 years of study, this retreat offers a unique integration of yoga and science.

Blending the ancient wisdom of the Gunas with modern insights from Polyvagal Theory, you'll explore the interconnectedness of body, breath, mind, and spirit in a truly transformative way.

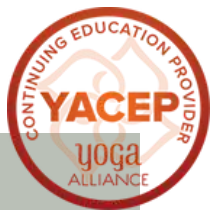


The Place

We will stay at a magical Sanctuary in Cento Valley, an oasis for communal life, imbued with a spirit of devotion, simplicity and an openness to all spiritual paths, with a focus on bhakti (loving devotional service) and kirtan (spiritual chanting)

Who is this course for?

Yoga practitioners and teachers who seek to deepen their understanding of yogic philosophy through the practice of chanting, in a grounded, accessible, and experiential way.



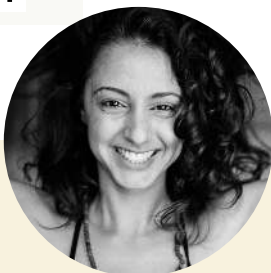
A Yoga Alliance 50-hrs Accredited Program

Registration

Info &



Price from: 1199 chf



Sivani

Asana & Kirtan

www.sivandagan.com



Siddhartha

Philosophy & Mantra

www.iyengaryoga.in



Philipp

Pranayama & Meditation

www.movingbreath.ch