

CYCLES WITHIN CYCLES WITHIN  
KUNDALINI YOGA & SOUND RETREAT  
IN THE HEART OF PUGLIA WITH AMIR JAAN  
18TH TO 22ND APRIL 2018



5 DAYS OF PURE BLISS WITH  
KUNDALINI YOGA  
MOVEMENT MEDITATION  
SOUND HEALING & CHANTING  
INTEGRATING & RELAXING TIMES  
ORGANIC VEGETARIAN FOODS  
CYCLING TOUR THROUGH THE  
MILLENNARY OLIVE TREES  
MASSAGES AND MORE !



[MASSERIAMONTENAPOLEONE.IT](http://MASSERIAMONTENAPOLEONE.IT)



## **SAT NAM !**

We are delighted to hold the 2nd season of **“Cycles within Cycles within”** in the Masseria Montenapoleone an ancient olive oil factory standing in the middle of millenary olive trees. This is a place where a luxury hotel is combined with sustainable practices to create a tranquil and rustic environment. All the food you will enjoy here is organic and produced on the land. Relaxing activities may include swimming, cycling and meditating under the shade of historic olive trees. For those more adventurous, the area is amazingly rich with cultural places to visit such as the cities of Ostuni, Monopoli and the famous Alberobello.

The programme theme **“Cycles within Cycles within”** will be led by Amir Jaan and is inspired by the constant movement and shifting of the cycles we are currently observing in the Universe. This will be aided by our understanding of ancient Mayan Astrology. During the retreat, participants will also have the opportunity to receive a free reading of their galactic signature (a personal blueprint) given by Joyleen, the retreat's organiser and sound healer.

### **Retreat Programme**

#### **Wednesday**

Arrival

**5 - 6.30pm: Opening ceremony with Kundalini Yoga & Sound**  
amongst the Millenary Olive Trees  
**Vegetarian buffet at 7pm**

#### **Thursday**

**7.30 - 9.30 Morning Kundalini Yoga & Sound**

10 - 11am: Brunch

11 - 2pm Cheese & Dolmen Bike Tour (group 1)

**4.30 - 6.30 Afternoon Kundalini Yoga**

Vegetarian buffet at 7pm

#### **Friday**

**7.30 - 9.30 Morning Kundalini Yoga & Sound**

10 - 11am: Brunch

11 - 2pm Cheese & Dolmen Bike Tour (group 2)

**4.30 - 6.30 Afternoon Kundalini Yoga**

Vegetarian buffet at 7pm

**9 - 10pm Friday Night Movement Meditation**

#### **Saturday**

**8-10 Morning Kundalini Yoga Session & Sound**

10.30 - 11.30am: Brunch

**4.30 - 6.30 Afternoon Kundalini Yoga**

Vegetarian buffet at 7pm

**9 - 10pm Closing Circle & Chanting by the Fire**

#### **Sunday**

**7.30 - 9.30 Morning Kundalini Yoga Session & Sound**

9.30 - 10.30am: Breakfast

**12am Departure**

## PRACTICAL INFORMATION

### Travel to Puglia Italy

**Brindisi** airport is recommended being only 45 minutes from the retreat. Bari is an alternative airport but is 90 minutes away. Best option from Geneva is a direct 2 hours flight with Easyjet. Transfers can be arranged but are not included in the retreat package and must be requested. If you wish to independently explore the region, we recommend car hire from <http://www.rentalcars.com>. Please ensure your rental company is situated at the arrival terminal to avoid extra shuttle journeys.

### Countryside Cycling Tour

Your retreat includes a Cheese & Dolmen Bike Tour.

This will entail a scenic cycling tour exploring the countryside and nature along secret paths to view ancient thousand year old olive trees. The tour culminates in a fresh delicious cheese tasting experience at a local farm. The tour continues through the Apulian countryside with picturesque and breathtaking views towards the Dolmen of Montalbano whose origins are dated to the Bronze Age.

### Massage

During your stay it is recommended that you treat yourself to the healing power of touch. There is no better way to facilitate your own self-nurturing. Renowned London therapist and massage teacher **Siva Rajah** will be available for treatments during your stay. Highly advisable to book your treatments in advance as limited slots available.

Treatments from 60, 90, 120 minutes from 90-150€.

### About our hosts and the Masseria Montenapoleone

The Monteneve-Van Gaubergen family's warm and unique hospitality will make you feel comfortable and cared for as soon as you arrive. With architectural genius, the Masseria was rebuilt 10 years ago with utmost respect for nature and the sustainability of its surroundings. Its almond, citrus and ancient olive trees are still producing today the olive oil used in the dishes served to the guests. You are welcome to pick fresh fruit and vegetables from the grounds... a liberating activity good for the mind and soul.

Check [www.masseriamontenapoleone.it](http://www.masseriamontenapoleone.it) for more info about this amazing place.

### Packages :

Rustic Room for 1 person : 1550€

Rustic Room for 2 people : 1270€ per person

Junior Suite for 3 people : 1190€ per person

### All packages include:

4 nights accomodation

4 brunches

4 vegetarian buffets

Kundalini Yoga

Sound Meditations

Mouvement Meditation

Chanting Circle

Cheese & Dolmen Bike Tour

Mayan Astrology Reading

Booking contact & informations: [joyleenrao@gmail.com](mailto:joyleenrao@gmail.com)

+41789219452 / [www.joysingingbowl.com/retreat-amirjaan-2018](http://www.joysingingbowl.com/retreat-amirjaan-2018)

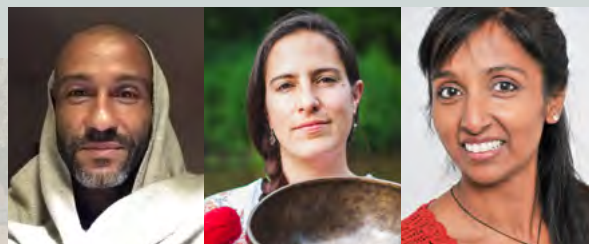
# CYCLES WITHIN CYCLES WITHIN KUNDALINI YOGA & SOUND RETREAT IN THE HEART OF PUGLIA WITH AMIR JAAN 18TH TO 22ND APRIL 2018

## About the team : Amir Jaan, Joyleen Rao & Siva Rajah

**Amir** was classically trained in the Spiritual Art of Kundalini Yoga under the close observations of a host of world renowned and internationally revered Guru mentors for 10 years and almost two decades on from being a novice student. Amir is now a Senior Mentor to hundreds of students himself, having worked for many many years with members of the general public, charities that support people in recovery, young offenders and those with very particular special needs. Amir also has a private client list and a world wide consultancy that comprises and includes Top Level professional sports men and women, business leaders, celebrities and CEO's of large multinational organisations. Having conducted in excess of 30,000 public and private classes in London and across the world, Amir Jaan brings a reassuring calmness into any learning environment, be it group or one to one; and has bought by example, many of his students into the teaching profession and consolidated practice of the Spiritual Arts.

After studying Arts, Psychology and Science of Education **Joyleen** was initiated into the healing practices of Shiatsu and the philosophy of Tao. From this Eastern foundation Joyleen has added her interest of Astrology and the Mayan calendar which has led her to the primordial teachings of the Origin of the Universe : Sound. Studies in Nepal in 2014 with sound masters, has led her to a unique style of sound therapy known as « sound of joy » using Tibetan singing bowls which combines this powerful modality with Yoga and Movement Meditation. Joyleen recently opened her own healing spiritual space, the Shanti Club in Geneva, a beautiful intimate studio where people are able to explore meditative and vibrational sound, chanting and yoga. She also organises worldwide retreats to allow people to harmonise back into their natural optimum states.

**Siva** offers a powerful and deeply relaxing massage. Her approach is to gently encourage and assist the body in healing itself from the stresses of modern life. Siva has worked for over 15 years as a complementary therapist including the last 5 years at London's most recognised premier yoga studio – Triyoga. She has treated clients with many conditions and from a diverse range of occupations and sports. As an advanced practitioner and teacher in Northern Style Thai Yoga massage. Siva fuses eastern and western styles combining therapeutic Thai Massage with deep tissue techniques moulded to the needs of each client.



## FOR BOOKING THE RETREAT AND MORE DETAILS

PLEASE CONTACT JOYLEEN RAO : [joyleenrao@gmail.com](mailto:joyleenrao@gmail.com)  
<https://www.joysingingbowl.com/retreat-amirjaan-2018>