

sikolia  
PANTELLERIA

YOU

Yoga Retreat  
8<sup>th</sup>-14<sup>th</sup> October 2022



## Sikelia Luxury Retreat

Set in an environment of refined elegance, Sikelia Luxury Retreat is immersed in the powerful energy of the Island of Pantelleria. Hidden within the rounded walls of ancient dammusi dwellings, a haven of peace and serenity, Sikelia offers an experience where time seems to stand still and the soul finds its original union with the spectacular elements of nature. Enjoy the intense pleasure of a massage in the shade of the Arabic garden, in total harmony with the island's soul.

The island's inner energy will allow you to get in touch with your body and mind and get closer to nature and the quiet atmosphere of this magical place, rediscovering a state of renewed well-being.

Pantelleria, the Black Pearl of the Mediterranean, a place to discover and respect, with its dark rocks carved by the wind, its sharp forms softened by the roundness of the white dammusi dwellings, its natural hot springs and rejuvenating mud, the precious legacy of the volcano from which the island originated. The music of the wind lashes out suddenly on the cliffs, as if wanting to remind us that nature, here, is the absolute master.



## Why yoga and ayurveda in Pantelleria

The nature and the place of the island facilitate an inner process of renewal and well-being. This process is facilitated by a location that is naturally appropriate for this interaction. The science of Yoga Mana Kaya Kalpa provides a wide range of exercises and meditative practices that allow a deep work on the human being by covering the full spectrum of his or her needs.

Care, prevention and maintenance of mental and physical well-being, mental clarity, vitality and resistance to stress are just a few aspects that can be worked on through this science, provided to anyone who wishes to increase their health, vitality and success.

*“The person whose bodily constituents (dosha) and metabolic processes (agni) are in balance, whose tissues (dhatu) and excretions (mala) function normally, who has the soul, senses and mind stabilized in bliss, is considered a healthy person.”*

-Sushruta Sutrasthana 15.18

Ayurveda is the science that comes to our help in modern times to balance all bodily functions, leading to a state of total fulfillment of the senses, mind and soul.

One of the most important concepts in ayurveda is the one of the tridoshas -Vata, Pitta, Kapha - which are useful tools in determining the individual constitution of the human beings, the origin of the diseases, the treatments, the methods of maintaining good health, the seasonal and daily routines, the purification therapies (pancha karma), the toning therapies, the massages, the diet, the exercise, etc.

These three basic energies are primary life forces and are called in Sanskrit dosha, or the three biological humors or bodily constituents. In Ayurvedic texts, dosha is defined as “what infects” and, in other Western terms, it can be considered as the pathogenic factors in the body.

Doshas have their own identity with specific qualities, they are present in various parts of the body but mainly divided into three sections, each of them susceptible to an imbalance that can cause diseases for which there are specific treatments. The five elements that make up physical creation combine with each other to give rise to all the processes that occur in human physiology.

*Vata*: the principle that rules movement with predominance of the elements space and air.

*Pitta*: the principle that rules transformation with predominance of the elements fire and water.

*Kapha*: the principle that rules cohesion and structure with predominance of the elements water and earth.



## Hosted by Shajeer Kizhakkekara

Born and bred in a little town in the middle of the Wayanad forest, in South Kerala, India, he has a psychology background. From a very young age, he has had a deep passion for Ayurveda, yoga and astrology, and in 2008 he has founded the Vedaguru Centre together with Carola Altea. The centre was born to act as a link between western and eastern culture, with the aim of spreading the ancient ayurvedic science through various courses, trips and experiences with local Wayanad people. Shajeer still acts as the Centre's president and is also a teacher of ayurvedic cuisine.

In 2018 he received an honorary Phd in Tribalosophy from the Commonwealth Vocational University.

Nowadays he still carries on Tribalosophy many activities, focusing in building a strong human network, and always keeping in mind his target.

## The retreat is co-hosted by..

### **Roberta Verardi**

Deeply passionate about yoga and eastern philosophy, in 2018 she became a certified yoga teacher and started her first classes. Since 2019 she has been focusing on her growth and well being and working closely with Shajeer on Tribalosophy.

In India she studied Vastu, the old science of Indian architecture, focusing on the thinner and more energetic parts of space. The yoga she offers is sweet and smooth, open to every level, and aimed at awakening the body and the five senses for a better self-awareness and of one's endless possibilities.

### **Emiliana Pappalardi**

Emiliana's passion is to awaken those inner instruments that allow our body to strengthen, rebalance and heal itself. That's why she chooses certain techniques that she has learnt during her many years abroad as a holistic and spa therapist, and that are personalised according to each person's needs.

Her passion for ayurveda has started in 2017, and has also brought her to India where she got to know more about this ancient medicine in its birthplace: Kerala, in the south of the Country. There, she attended Shajeer's therapist course that has allowed her to widen her knowledge and finally got to practice both in Italy and abroad.



## Schedule

### Day 1

- Arrivals
- Introduction
- Opening meditation
- Dinner

### Day 2 - Earth

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Excursion and traditional yoga for every level at Coste Ghirlanda vineyard, the element of the day is "Earth"
- Sharing circle
- Lunch and free time
- Pulse reading and personal consultation with Shajeer
- Ayurvedic treatment
- Evening breathing and meditation session
- Dinner and free time

### Day 3 - Fire

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Excursion and traditional yoga for every level at the "Favare" the element of the day is "Fire"
- Sharing circle
- Lunch and free time
- Ayurvedic treatment
- Evening breathing and meditation session
- Dinner and free time



### **Day 4 - Water**

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Excursion and traditional yoga for every level at the Venus Lake (or on our boat, depending on the weather of the day) the element of the day is "Water"
- Cerchio di condivisione
- Sharing circle
- Ayurvedic treatment
- Evening breathing and meditation session
- Dinner and free time

### **Day 5 - Air**

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Excursion and traditional yoga for every level at Kuddiamida, the element of the day is "Air"
- Sharing circle
- Lunch and free time
- Ayurvedic treatment
- Evening breathing and meditation session
- Dinner and free time





## Day 6 - Ether

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Excursion and traditional yoga for every level at “Montagna Grande”, the element of the day is “Ether”
- Sharing circle
- Lunch and free time
- Ayurvedic treatment
- Evening breathing and meditation session
- Dinner and free time

## Day 7

- Dinacharya - morning yoga with local herbs and flowers flavoured water
- Breakfast
- Handover of the seed
- Goodbyes
- Departures

## Price per person

Starting from € 490,00 per day for a double Suite.


## Sikelia Yoga Retreat includes

- A six-night stay at Sikelia Luxury Retreat
- Airport return transfers
- Breakfast
- Morning Yoga class
- Excursion with Yoga practise
- 1 afternoon ayurvedic session
- Evening Yoga and meditation session
- Mini bar (soft drinks)
- Ayurvedic lunch and dinner

## Sikelia Yoga Retreat does not include

- Flights to and from Pantelleria
- Beverage
- Other treatments





*ti aspetto al Sikelia!  
Giulia Pariente Gelmetti*

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