

Sacred Source.

Return to Your Own Sacred Source.

1 – 9 NOVEMBER 2025

9 days in Rishikesh.
Deep Energy Experiences.
Sound that Heals.
Ceremonies.
The Ganges.
Yourself.



9

DAYS

12

PRACTICES

4

EXCURSIONS

1

FESTIVAL OF LIGHTS

THE EXPERIENCE

RISHIKESH: WHERE THE JOURNEY BECOMES TRANSFORMATION

You don't come to India by chance. A millennia-old spiritual land, alive between the banks of the Ganges and the Himalayas. A force that spans centuries — in temples, in rituals, in people's eyes. One that touches everyone who sets foot here. The GIVER retreat brings you to the heart of this experience, where the wisdom of the Indian tradition meets GIVER's energetic and transformative work. Deep practices, ceremonies, teachings — a unique path of growth and awareness. More than a journey. A return to your essence.

WHO THIS IS FOR

- You feel drawn to India — not as a tourist, but as someone who senses a deep calling, almost like a homecoming that has been waiting for you.
- You are ready to dedicate an entire week to yourself, your energy, and your journey of transformation and deep nourishment.
- You would love to experience Pranayama, Sound Healing, wellbeing practices, and ceremonies in their original context.
- You may not be a GIVER, but you feel a resonance and want to experience a profound spiritual awakening and connection with your Soul. This journey is open to everyone.

WHAT'S INCLUDED

- 9 Days · 8 Nights of carefully selected accommodation
- 12 Sacred Practices · 4 Excursions
- 3 vegetarian meals per day
- Private round-trip transfer Delhi ↔ Rishikesh
- Diwali Celebration · November 8th, Festival of Lights

THE EXCURSIONS

The land is part of the practice.

01 Asana on the Ganges

Practice on the riverbank as the Ganges flows beside you. The oldest river in India as your witness.

02 Pranayama at the Waterfall

A breathwork experience immersed in the power of water and nature. The breath meets the elements, and the body opens naturally and powerfully.

03 Sunrise Meditation

Before the day begins, climb toward the Himalayan peaks. As the sun slowly rises over the valley, you sit in meditation at the top of the world, immersed in the stillness and vastness of the landscape.

04 Waterfall Trekking

Through the Himalayan hills. A walk that asks something of the body — and gives something back. The land here is not a backdrop. It is practice.

THE LAST DAY

A gift you carry for the rest of your life.

We will celebrate Diwali together. On November 8th, as our last day draws to a close, India lights up. Diwali — the Festival of Lights — fills the streets of Rishikesh with countless flames. A night that, by tradition, marks the victory of light over darkness. You won't be watching from the outside. You will be inside it.

The Practices.

9 days. A lifetime of opening.

01 Meditation

Guided practices to access a space of inner stillness, expand awareness, and develop a deeper and clearer perception of oneself.

02 Traditional Pranayama

Sacred breathwork techniques from the Indian tradition. Each practice guides the awakening of prana — vital energy — progressively opening the body's energetic channels.

03 Kundalini Activation Astral Work Session

Experience the evolution of Kundalini energy awakening through the conscious energetic transmission of the GIVER® method. Receive two special sessions to release suppressed energies, amplify your vital force through deep healing and energetic cleansing, and restore inner harmony, solidity, and a greater sense of security. This is the right experience to deepen your sensitivity and reach a more authentic connection with yourself.

04 Quantum Astral Healing Session

An experience dedicated to healing the Astral Energy Body — supporting realignment, reconnection to Source, and a natural return to balance, clarity, and centeredness.

05 Astral Sound Healing

Let yourself be enveloped by the deep vibrations of Tibetan singing bowls and the elevated frequencies of Astral Body purification mantras. An immersive sound experience that guides body and mind on a journey of harmony, relaxation, and deep inner nourishment.

06 Sacred Blue Lotus Ceremony

A ritual of presence and listening through the Blue Lotus infusion — a sacred plant long associated with heart opening and the expansion of consciousness. An experience that invites inner calm, clarity, and a deeper connection with oneself.

07 Somatic Movement

A conscious movement practice inspired by the ancient traditions of India's warriors, who developed full mastery of the body and presence in space. Through guided sequences, you awaken a new awareness of your movement, deepen your sensitivity, and learn to cooperate more functionally with your body. An experience that supports the release of tensions and emotions held in the tissues, while building greater presence, physical strength, and inner listening.

08 Ganga Aarti Ceremony

An authentic immersion in the Hindu tradition through an ancient evening ritual on the banks of the Ganga river. The fire of offerings, Vedic chants, and the sacred rhythm of the ceremony draw you into the living heart of a millennia-old culture — a space of deep connection and presence. An experience to step fully into the ritual, feel its essence, and let its sacredness move through you.

09 Kirtan

Kirtan is a devotional chanting practice from the Indian tradition that brings voices and mantras together in a collective experience. A sonic journey that opens the heart and awakens joy, presence, and connection.

10 Foundations of Ayurveda

An introduction to Ayurveda, the ancient science of life. Understand your constitution, your rhythms, and what nourishes or depletes you. Practical knowledge to carry into everyday life.

11 Foundations of the GIVER Method

Discover and embody the principles and values of GIVER — learning how to give to the world without dispersing your energy or losing contact with yourself. Through greater awareness, you will recognize your uniqueness, learn to live your true nature, and become an authentic contribution to the path of evolution — profoundly enriching your life.

12 Asana Class

Asana is the practice through which the body becomes presence, rootedness, and awareness. These classes work on the physical level, developing strength, stability, and deep listening of the body. They offer concrete integration to the subtler energetic work that takes place throughout the rest of the week. An invitation to return to the body as the starting point of all transformation.

*"The air at the foot of the Himalayas is different.
Every breath here is already a practice."*

Your investment.

STANDARD PRICE

€1.800

PER PERSON · SHARED DOUBLE ROOM

BRING A FRIEND

€100 discount for both of you
Valid for you and the person you bring.

SINGLE ROOM SUPPLEMENT

+ €200

GIVER PRICE

€1.600

PER GIVER · SHARED DOUBLE ROOM

YOU'RE A GIVER AND YOU BRING SOMEONE

Your guest pays €1.600
Same GIVER price, even for non-GIVERs.

SINGLE ROOM SUPPLEMENT

+ €200

INCLUDED

- 9 Days · 8 Nights accommodation in Rishikesh
- 4 Excursions
- Round-trip transfer Delhi ↔ Rishikesh

- 12 Sacred Practices
- 3 vegetarian meals per day
- Diwali Night · November 8th, Festival of Lights

NOT INCLUDED

- International flights
- Visa
- Accommodation in Delhi (2 nights recommended: Oct. 31st before departure; Nov. 9th before flying home)
- Travel health insurance
- Personal expenses

SACRED SOURCE is a retreat dedicated to evolving souls

9 DAYS · THE GANGES · YOU

INFORMATION & BOOKINGS

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