

WELL-BEING YOGA RETREAT



blending the art of YOGA & Ayurveda
August 2026 - 7-10-14 days

Jamuna Devi

Roberto Caiti

AUGUST 2025 | 7 - 10 - 14 DAYS | FLEXIBLE DATES

Join
Yamuna Devi & Roberto Caiti
for a unique
Yoga retreat experience



filled with healing modalities
to bring more insight and
awareness

CONNECT TO YOUR ESSENCE | THE HEALTHY WAY TO BE YOU | THE BEGINNING OF YOUR CHANGE

Yamuna Devi

YOGA TEACHER - MASSAGE THERAPIST

Free Spirit, Mentor, Open minded, Healer, Yoga Teacher Trainer, Massage Therapist, Dancer, Group Facilitator, World Traveller, Martial Artist, Women circle Facilitator, Meditation Guide, Holistic Seeker, Movement Art Researcher, passionate about healing and self-realisation, but above all a simple, humble, and heart orientated HUMAN being. Raised in a Yogi family with an Indian Father & an English Mother who taught her everything about Spirituality & Indian Philosophy in London town. Since an early age She had a lot of passion to learn and discover all the world has to offer.

She spent her entire life exploring many styles of dance, martial arts, meditation, self-healing modalities and yoga without losing her passion and devotion to her personal growth. Movement is life, life is a journey and all I want is to share with the world and those who are open to learn ways to heal, transform and grow. I do my best to create a safe loving space where all who enter can feel safe to be who they really are, transform and explore the light and the dark within themselves, all surrounded by compassionate awareness and love. I love creating magical healing environments and all that connects your body, mind and soul.

Through Partner yoga I am able to transmit to couples the power of listening to one another helping them to discover the power of communication and bringing them a deeper sense of connection and joy. Thanks to the tools, ways and techniques I have explored and embodied in the past 14 years, I am now the human being I am today. Due to all the lessons learnt from past relationships, all my journeys around the world, all the experiences I have lived, I am eager to offer the wisdom achieved from my deepest heart in order to help all the unique individuals and beings who choose to cross my path.





Roberto Caiti

YOGA TEACHER - MASSAGE THERAPIST

Yoga Master, Creator of the “RC Zen Yoga” method, Shiatsu Therapist, Spiritual Coach, Health Coach, Couples Facilitator, Wedding Celebrant, Director of the Policrea Holistic Centre, Passionate Traveller, Multitasking Man, Spiritual Researcher and in the field of bio-natural disciplines, passionate about languages, cooking, ayurveda and everything related to the holistic well-being of the person, but above all a HUMAN being.

This is just my job’s formal definition. The truth is, my birth took place in Australia. Not my biological birth, which brought me into this world under the Emilia sun. No, my Australian birth brought me face to face with my first struggles, love, my longing to excel, to challenge myself, and the acknowledgment that Yoga asanas would provide me with the connecting link to my darker side, enabling me to face them in a lifelong quest of self-discovery. That’s how I became a Yoga Instructor.

Then, one day, the time came when I reached out to the Other: a hand that reaches out toward my fellow human being, feeling his Energy, expanding my sensations through experience, and practicing a higher form of mutual meditation. That’s how I became a Shiatsu Therapist.

Yoga, Shiatsu and all the tools acquired and then donated in synergy with everything, are my being, humanly and professionally, listening through the other person’s energy, listening as a gift to share. My way of providing my services to improve other people’s lives through the authenticity of which I am capable.

BODY - MIND - SOUL



Earth

Body

Yoga practices of various styles to keep your body strong and flexible. Ayurvedic treatments to detoxify and rejuvenate the body, the skin, organs and bones. Ayurvedic diet will be served and you will be nourished with healthy meals as well as learn the best ways to nourish yourself and create healthy dishes yourself create healthy dishes yourself.

Mind

Air



Daily meditations and guided visualisations to help you to work with the power of the mind as a tool rather than an enemy to re-program old thinking patterns and any mental blocks you may have accumulated along the years.

Water

Soul

Nature is medicine for the soul and being immersed in beautiful nature you will bring peace and deep rest to your soul. Giving back to yourself with self-care and loving yourself a little bit more your soul will be happier.

Who is it for

This yoga retreat is a wonderful tool for Yoga Teachers, Therapists, Yoga students, Holistic Professionals but also for all those people who want to have an experience of reconnecting with their essence as individuals.

Purpose

Our Vision for this retreat: To bring Healing and Light to our clients and guide them to a better healthier lifestyle. This retreat has been specially designed to bring you all the tools to nourish your body, mind and soul on many levels.



You will enjoy amazing Yoga classes where you can dive deeper into your body and create more space, more flexibility and more strength from within in a compassionate way. There will be lectures on Nutrition & Feng Shui to help you to bring positive changes in your life. You can enjoy Bodywork such as Shiatsu & Alchemy of touch (deep tissue) Massage to melt away your tensions and feel deeply relaxed. You will enjoy delicious nutritious food and dive into the healing power of the nature that is around you and there to re-inspire you.

What to expect

Yoga: You will be guided by two very experienced Yoga teachers and therapists who teach from their hearts to make your experience as authentic and powerful as you wish it to be.

Ayurveda: You will stay in a luxury Ayurvedic resort and enjoy daily Ayurvedic treatments. Free consultation with the Ayurvedic doctor to discover your Dosha.

Meditation: You will be taken through different meditation techniques to explore the spaces of the unfamiliar mind and develop the extrasensory abilities inherent in us.

Nutrition: Daily delicious Ayurvedic food. Free consultation with the Ayurvedic doctor to discover your Dosha where you will receive your own specific Ayurvedic menu according to your Dosha and nutritional requirements.

Workshops: There will be seminars and workshops on various subjects such as Nutrition, Ayurveda, Feng Shui, Thai Massage, Chakras where you can deeper your wisdom and learn more about these fascinating subjects

Mentorship: You will receive consultation to help you to design your retreat and add some private classes or consultations throughout the week to tailor make your experience to get the most benefits from your retreat with us.



Objectives

This retreat has been **specially designed to bring you all the tools to nourish your body, mind and soul on many levels.**

Bringing two experienced Yoga teachers and therapists who do what they love and **share from their hearts** all they have discovered and learnt over the years is one of a kind opportunity to add value to your life or your profession.

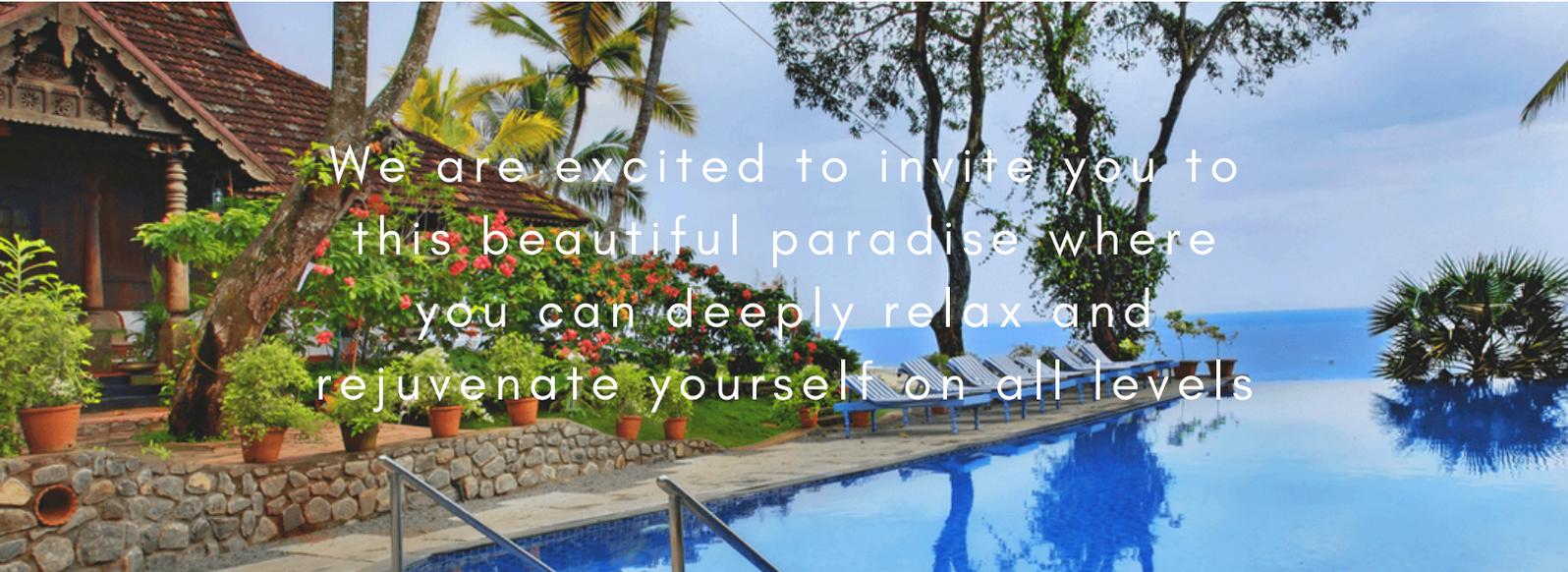
Be guided through ancient practices that will open your mind and enrich your wisdom, create new pathways of **discovering who you are and how to change your life for the better**, will make you more authentic and in touch with your individuality.

Learning how to combine different techniques to better serve the world with your talents and gifts is the added value that you will achieved and take with you for the rest of your life.

Roberto Casti



Jamuna Devi



We are excited to invite you to this beautiful paradise where you can deeply relax and rejuvenate yourself on all levels

Create your own retreat experience

You will stay in a luxury Ayurvedic resort and enjoy daily Ayurvedic treatments and delicious Ayurvedic food.

Free consultation with the Ayurvedic doctor to discover your Dosha and you will receive your own specific Ayurvedic menu according to your Dosha and nutritional requirements.

Two daily Yoga classes guided by Yamuna & Roberto to deepen your yoga practice and enjoy the healing power of the tradition of yoga.

We will share also workshops throughout the week sharing wisdom on Nutrition, Feng Shui, Ayurveda & all the different techniques we have achieved after more then 20 years of experience teaching and practising.

When you arrive, we add a 20 mins consultation with Roberto or Yamuna to help you to design your retreat and add some private classes or consultations throughout the week to tailor make your experience to get the most benefits from your retreat with us.

We specialise in Mentorship for yoga teachers, Spiritual counselling, Nutrition (creating your diet), couple coaching, Shiatsu & Deep tissue massage.



ADD AYURVEDA / WORKSHOPS /
MENTORSHIP FOR YOGA TEACHERS /
COUPLES COACHING / SPIRITUAL -LIFE
COACHING / NUTRITION / FENG SHUI /THAI
MASSAGE / CHAKRAS /SOUND BATH

What is included

Luxury Ayurvedic Resort

7-10-14 nights
at Somatheeram first
International
Ayurvedic clinic and resort,
Kerala, India.

Two Daily Yoga Classes

Yoga practices
of various styles
to learn how to keep
your body strong
and flexible.

Consultation Mentoring

At arrival 20 mins
consultation
with Roberto or Yamuna
to help you to design
your retreat.

Unique Ayurvedic Treatments

7-10-14 days
of two hours of Ayurvedic
treatments daily
to detoxify and
rejuvenate the body.

Evening Mediations Sharing Circles

Daily meditations
and guided
visualisations.
Sharing Circles and
Healing practices.

Beach - Temple Excursions

Connecting to the
tradition,
the heritage and
the nature of the
Historical surrounding.

Ayurvedic Vegeterian Meals

Delicious freshly
daily made Ayurvedic food.
Menu according to your
Dosha and nutritional
requirements.

Weekly Workshops

Ayurveda / Couples
Coaching / Spiritual-Life
Coaching /Nutrition/Feng
Shui / Thai Massage /
Chakras / Sound Bath.

Transfer from/to the airport.

Pick-up
from the
Thiruvanthapuram
Kerala, India
airport & return.





Frequent Asked Questions

- **What yoga styles are taught on retreat?**

We offer two yoga classes a day on our yoga retreats: Yamuna & Roberto will share their own unique style of yoga and feel the group energy and what is necessary daily. Typically we offer a morning Vinyasa flow class which is quite active and invigorating, and a heavenly restorative Yin yoga class in the evening with a longer relaxation. Both classes are suitable for all levels. You can find out more about these two yoga styles by seeing the bio of Yamuna & Roberto.

- **Can beginners join?**

Yes, beginners can join. We have all yoga levels from beginners to advanced, and our teachers will modify the classes so you can practice at your own pace.

- **What's the average size of a group?**

There are normally 10-15 people on each yoga retreat. This can vary slightly by retreat and by date, but we tend to limit the number to 20 people.

- **What types of people join the yoga retreats?**

People join us from all over the world – from the UK and many other European countries, the US and Canada, Australia, South Africa just to name a few. We welcome solo travelers – on average about half of the people on our yoga retreats come on their own. As well as couples, friends, siblings – everyone is welcome, and we normally have a variety of ages from 20s all the way to 50s and at times 60s! We'll plan group dinners and day trips for those who want to join, but also respect people's space if you need some alone-time, it's all part of the holiday.

- **What is the daily itinerary?**

We're very flexible when it comes to schedules and itineraries. We have two yoga classes scheduled a day, and breakfast times – these are the only set times, but of course all are optional. The rest of the day and evening is completely up to you, we'll be there to offer up ideas for the group and there is time for your Ayurvedic treatments, consultations and excursions. Here's our typical daily schedule subject to change:

7.30-9am Yoga class / Meditation / Pranayama

9am -11am Breakfast

11am-5pm Ayurvedic massages / Consultations / Free time / Beach

5-7.30pm Yoga class – Workshops

Evening Dinner / Sound bath / Sharing circle

- **What type of food will there be on retreat? I have a specific dietary need, will there be options?**

Delicious food is one of the highlights of our yoga retreats, and we make sure that all dietary needs and allergies are taken into consideration. You will enjoy a strict Ayurvedic diet depending on your dosa. All meals will be buffet style and your welcome to order extra food that has been prescribed to you by the Ayurvedic doctor.

- **I'm traveling on my own - can I have my own private room?**

We have many people joining our yoga retreats on their own – our solo guests enjoy an en-suite double room all to themselves and don't need to share a room.



- **Can I share a room with someone else?**

We'd be happy to arrange this, although most people joining us on their own seem to like their own room. We normally put people in a shared room if they're traveling together and request it specifically – friends, siblings, couples etc. However, if we do get requests from two people traveling on their own who would like to share, we can put you two in a shared room. Please contact us if this is your preference.

- **I'd like to come with someone else who won't be practicing yoga, is that ok?**

Yes, you can come with someone who won't be practicing yoga, the price would be less for that person, please contact us for details.

- **Can we book extra yoga classes during the retreat?**

Yes, you can book extra yoga classes private 1 on 1 session with Yamuna or Roberto during the yoga retreat. You can arrange this directly with the yoga teacher once you are at the destination. Alternatively you can arrange this in advance by contacting us and we can put you in touch with the yoga teacher to arrange the private classes ahead of time.

- **Are yoga mats provided?**

Please bring your own yoga mat and feel free to bring anything else you may need for your yoga practice, such as a block and a strap.

- **Are flights included?**

We have not included flights into the holiday package since we have people joining from all over the world. You can fly to Trivandrum airport and we will organise a pick up.

- **How far is the hotel from the airport?**

Somertheeram is 40 mins from Trivandrum airport and we will arrange the transfer which is included in the retreat price.

- **Do I need to bring a towel for the pool and the beach?**

All our hotels provide large towels for the beach and pool for free, so you do not need to bring one. They will also replace them with clean ones for you daily.

- **What's the weather like?**

Sunny and warm and sometimes rain as it's monsoon but will be a tropical rain. The climate is perfect for yoga and a Ayurvedic detox.

- **Currency, credit cards, cash?**

The currency in India is the Indian rupee . Credit cards are widely accepted at the hotels and Cash Points / ATMs are also very easy to find. We recommend that you withdraw some cash on arrival for everyday purchases, or you bring euros/dollars cash to exchange.

- **Is there wi-fi?**

There is complimentary wi-fi in all the hotel rooms, as well as in common areas of the hotels.

- **Is there air conditioning?**

Our hotels have air conditioning in the rooms and in the common hotel areas.

- **Is there a safety box in the rooms?**

All our hotels have a safety box in every room.

- **Are the yoga retreat destinations safe?**

All our destinations are extremely safe, we are careful to pick locations that don't present any threat, we would never organize a yoga retreat in a place we felt would present any danger. We constantly monitor the situation in all the countries we visit to make sure there is no danger.

- **What is the cost of the retreat?**

The cost of the retreat depends on: how many days you choose (min. 7 max. 14), on the room, on the package you choose to create to treat yourself. For more details please contact us by filling out our contact form or for any enquiries or questions write Yamuna & Roberto directly.

- **How do I book?**

If you would like to book a yoga retreat, please contact us by filling out our contact form or for any enquiries or questions write Yamuna & Roberto directly. present any danger. We constantly monitor the situation in all the countries we visit to make sure there is no danger.

- **How much is the deposit and when is the balance due?**

Please contact us by filling out our contact form or for any enquiries or questions write Yamuna & Roberto directly.

- **What is the Cancellation Policy?**

Please contact us by filling out our contact form or for any enquiries or questions write Yamuna & Roberto directly.

