



KUNDALINI YOGA RETREAT IN THE DOMINICAN REPUBLIC

10 days / 9 nights

**PRICE PER PERSON
IN DOUBLE ROOM
FROM €3,000**
Single Room
Supplement: €500

**GROUP DEPARTURE
OCTOBER 2 – 12, 2025**

Welcome to a transformative 10-day retreat at Ki-Ra Holistic Living, a holistic sanctuary located on the southern coast of the Dominican Republic. Here, in this natural seaside haven, you will have the opportunity to deeply reconnect with nature, awaken your inner energy, and embark on a meaningful journey of self-discovery. During the retreat, you will experience a harmonious blend of Kundalini Yoga, meditation, holistic therapies, cultural exploration, and moments of deep relaxation. Each day is carefully designed to nourish your overall well-being—from sunrise yoga sessions and immersive nature excursions to soul-enriching workshops and evenings of contemplation under the stars. Join us on this journey of renewal, balance, and transformation at Ki-Ra Holistic Living, where connection with nature and with yourself becomes an unforgettable experience. Return home feeling empowered, rejuvenated, and deeply connected to your true self.

DAY 1 – Thursday, October 2: PUNTA CANA – Ki-Ra Holistic Living
WELCOME AND OPENING

Upon arrival at Santo Domingo or Punta Cana airport, we will take you to Ki-Ra Holistic Living. Take your time to settle in, explore the space, and connect through an introductory session and a guided meditation to set your intentions for the retreat. In the evening, enjoy a flavorful and energizing welcome dinner, and relax under the stars in an atmosphere of calm and renewal. (D)

DAY 2 – Friday, October 3: Ki-Ra Holistic Living
CONNECTING WITH KUNDALINI ENERGY

Start the day with an energizing Kundalini Yoga session, followed by a nourishing breakfast. Then, take part in active meditation to release tension and recharge your body. The afternoon is yours to enjoy at your own pace, you can swim, read, walk through nature, or treat yourself to a spa session. Later, connect with your emotions through art therapy and end the day with a fire ritual to connect with the elements. (B) (L) (D)

DAY 3 – Saturday, October 4: Ki-Ra Holistic Living
MUD THERAPY AND DEEP MEDITATION

Awaken your creativity with a Kundalini Yoga session and a comforting breakfast. Then, experience cleansing mud treatment—ideal for releasing and renewing. You'll have free time to reflect or enjoy the spa. In the afternoon, join a Women's Circle to share from the heart and connect with other souls. End the day under the stars with an inspiring talk on the awakening of feminine energy. (B) (L) (D)

DAY 4 – Sunday, October 5: Ki-Ra Holistic Living – Padre Nuestro National Park
IMMERSION IN NATURE – Hiking and Cave Bathing

Start the day with a restorative yoga session and a healthy breakfast. Then, embark on an excursion to Padre Nuestro National Park, where you'll explore hidden caves and take a light hike. Enjoy a refreshing swim in natural pools fed by underground lakes. Savor a picnic-style lunch in the park before returning to Ki-Ra for some free time. Conclude the day with an active meditation to integrate the experience of connection with nature. (B) (L) (D)

INCLUDED SERVICES

- Private bus for transfers, sightseeing, and connections.
- 9 nights in selected hotels with buffet breakfast included.
- FULL BOARD.
- All excursions and transfers mentioned in the program.
- English-speaking local guide on all excursions and transfers.

NOT INCLUDED

- International and domestic flights.
- Local airport taxes.
- Tips for guides, drivers, and porters.





**DAY 5 – Monday, October 6: Ki-Ra Holistic Living
CONNECTION WITH BODY AND NATURE**

Practice Kundalini Yoga focusing on flexibility and relaxation. After a nourishing breakfast, explore the benefits of reflexology in a guided class. Enjoy some free time before a guided meditation to restore inner balance. In the evening, take part in a fire ceremony around the bonfire, releasing the old and embracing renewal. **(B) (L) (D)**

**DAY 6 – Tuesday, October 7: Ki-Ra Holistic Living
EXCURSION TO SAONA ISLAND**

Begin the day with meditation and breathwork, followed by a nutritious breakfast. Embark on a boat excursion to the stunning Saona Island, where you can relax, explore, and enjoy the beauty of the Caribbean. Upon your return, unwind with a peaceful evening meditation. **(B) (L) (D)**

**DAY 7 – Wednesday, October 8: Ki-Ra Holistic Living
CULTURAL EXPLORATION – ALTOS DE CHAVÓN**

Awaken your life force with a Kundalini Yoga session and enjoy a healthy breakfast. Take a scenic boat ride along the Chavón River to Altos de Chavón, a charming 16th-century Mediterranean-style village meticulously designed by Dominican architect José Antonio Caro and Italian designer Roberto Coppa. Explore its shops, art galleries, and historical sites while enjoying a relaxed lunch. Spend the afternoon at leisure before joining an active meditation session focused on connecting with the water element. **(B) (L) (D)**

**DAY 8 – Thursday, October 9: Ki-Ra Holistic Living
COOKING & ENERGY HEALING**

Cultivate vitality with a morning yoga session and a healthy breakfast. Immerse yourself in an Ayurvedic cooking class, learning the art of nourishing the body through food. The afternoon is dedicated to relaxation, followed by a Women's Circle to foster deep connection and empowerment. The day concludes with an evening session of reflection and connection. **(B) (L) (D)**

**DAY 9 – Friday, October 10: Ki-Ra Holistic Living
INTEGRATION & REFLECTION**

Flow with the group's energy in a closing yoga session, then gather for an Integration Circle and final reflections. Enjoy a relaxed afternoon with spa treatments or personal time. In the evening, embrace gratitude during a closing bonfire, symbolizing the completion of the retreat and the transition into a renewed sense of self. **(B) (L) (D)**

**DAY 10 – Saturday, October 11: Ki-Ra Holistic Living – Punta Cana Airport
FAREWELL & DEPARTURE**

Conclude your journey with a final meditation and yoga practice. Share a heartfelt breakfast before departing from Ki-Ra, taking the transformative experience of the retreat back into your daily life. Transfer to the airport for your return flight home. **(B)**

(B) Breakfast (L) Lunch (D) Dinner

