

YOGA AND HEALING TECHNIQUES

PROMOTING SALUTOGENESI THROUGH YOGA AND ALCHEMIC BODY PULSING



RESIDENTIAL RETREAT

26 April - 3 May 2025

Island of Lesvo – Greece

Rocking you back to wellness with Alchemic Body Pulsing

Web: www.yogaholiday.it e-mail: info@holismos.com cell: 0039 3383824280

INTRODUCTION

While in India it has always been an intrinsic value of yogic practices to have a positive effect on the practitioner's state of health, and with a few exceptions, until recently there was no need to develop a strand entirely dedicated to its therapeutic aspect. On the contrary, in the West, in recent decades, there has been a desire to give some impetus to this aspect, and today yoga therapy represents a valid synthesis between the ancient wisdom of the East and the most recent knowledge of complementary medicine, biomechanics and posturology.

The complementary nature of yoga and integrative medicine is reflected in the common goal of releasing stagnant energy in the meridian systems, organs or blood connected to them. While yoga provides a format for releasing blockages, Alchemic Body Pulsing provide a more comprehensive framework for understanding which postures may be best for improving a particular health condition.

This course is suitable for all yoga teachers who wish to deepen their knowledge and improve their ability to assist students. It is also useful for therapists and medical professionals who wish to supplement their knowledge with new insights and perspectives. In addition, experienced yoga practitioners can benefit from this course to improve and supplement their practice.

ALCHEMIC BODY PULSING®

Alchemic Body Pulsing® represents the synthesis of over 30 years of study and practice in the field of Bio-Natural Disciplines. My practice of Shiatsu, Kinesiology and Cranio Sacral has certainly undergone an important evolution and over time my work has become more subtle, more intuitive and deeper. The most important influence that has led me to a different understanding of the phenomena of life, is undoubtedly due to my study and practice of Hatha Yoga based on the classical principles of the 8 limbs expressed in Patanjali's Yoga Sutras. In addition, my long-standing passion for music and percussion instruments, has led me up a parallel path of exploration of vibratory phenomena, in what I have recently called 'Sound Harmonisation'. From the union of all these passions and knowledge of mine, 'Alchemic Body Pulsing®' was born.

The manual skills acquired in clinical practice and in the teaching of Shiatsu, Kinesiology and Cranio Sacral have provided the matrix and the support into which I have been able to skilfully graft those aspects of the energetic physiology of the human being that have been made clear to me, not only from the study of Traditional Chinese Medicine, but also and above all from the study of Yoga. The vibration then, generated by the use of the voice and various types of sound reproducers, metaphorically represented the closing of the circle, allowing me to interact in a more integrated and effective manner with the more subtle energetic aspects of the human being.

"Alchemic Body Pulsing®" indicates the possibility of generating or connecting with the pulsation/vibration of the body and directing it towards an alchemical transformation, where "alchemical" stands for mysterious, esoteric, but also transformative.

This path allows you to acquire new and original manual bodywork techniques that are easy to use and easy to integrate with any other technique. Alchemic Body Pulsing® can become for you a concrete opportunity for personal growth and evolution. Whether you are already an experienced practitioner or you are still a student or a complete neophyte, it makes no difference, in "Alchemic Body Pulsing®" you will find numerous insights, inspiration and growth.

Rocking you back to wellness with Alchemic Body Pulsing

A powerful means of self-investigation and growth, an effective technique for re-integrating and reconnecting all our normally disjointed parts.

Alchemic Body Pulsing® is a bodywork method that is both subtle and effective, a healing technique that can be learned and applied by everyone. A gentle, non-invasive method that uses pulsation, vibration and pressure techniques to harmonise body fluids, prana and the nervous system.

By working together with Hatha yoga, pranayama and mudra, you will be able to interact directly with the blocks held in the body, you will be able to work on physical pain, stress, tension and other imbalances, bringing back harmony, connection and fluidity and restoring the vibratory harmony needed to be able to live and express your life to the full.

BENEFITS:

- Release of tensions
- Rebalancing of back, pelvis, shoulders
- Improved joint mobility
- Identification and release of emotional traumas
- Relaxation
- Improves sleep
- Increased vital energy
- Reduction of stress levels

As the body begins to relax, your thoughts, feelings and emotions are encouraged to surface and finally be expressed and released. This new method helps us explore the inner realm allowing any memories of emotional trauma to finally be recognised, released and overcome.

Alchemic Body Pulsing® guides and helps you in those emotional and spiritual areas that need attention and reconversion:

- To change old behavioural patterns that are no longer relevant and useful
- To untie knots caused by old traumas and release them safely
- To develop new ways of being with oneself and others
- Learning which Chakras are 'blocked' and need attention
- Empower yourself to learn how to achieve your goals
- Learning how to support and manage your health in full awareness

PROGRAMME

- The concept of “Salutogenesis” and “Life Style Medicine”
- Understanding the Fascia and how it moves within the body
- Relation between fascia, Nadi, Meridians and Prana.
- Breathing and its importance for the development of life
- Basic Pranayama techniques
- Muscle chains, Asana and meridian correlation
- Feeling the unwinding of the fascia
- Feeling the pulsation in special marma and acupoints
- The Neuro Vascular system and how to treat it
- The Neuro Lymphatic system and how to treat it
- Touching diagnosis through feeling the pulsations on special points of the body

- Theory of the Chakra System, Major and minor Chakras
- Diagnosing the Chakra through touch and the use of a pendulum
- Treating the Chakras with touch, sound and mudras
- Chanting mantra and kirtan

DAILY PROGRAM

08,00 Asana, pranayama practice

09,30 breakfast

10,30 theory and practice of Alchemic Body Pulsing®

12,30 chanting and sound healing

13,00 lunch and rest, free time

16,00 practice of Alchemic Body Pulsing®

18,00 Pranic Energization Techniques and Super Brain Yoga

19,00 chanting and body rhythm

19,30 dinner

During this week long retreat there will be one whole day and one whole afternoon free to be able to visit the main attractions of the island, UNESCO world heritage.

COST: 750€ for shared accommodation, Single private room **900€**. (Every room includes the bathroom, A/C and a balcony with sea view)

Early birds discount before 1st of March 2025: 15% discount

The cost includes three meals per day, accommodation, the course and course material, passage from and to the airport, transportation during the excursions.



THE LOCATION “ Mediterranean Retreats Center”

Latitude: 39.145934 Longitude: 26.250718



The building, which today has been completely converted into a centre for yoga and the study of energy and healing practices, was originally a traditional Greek tavern and small hotel. The building, which overlooks the Gulf of Kalloni (the sea is just a few metres from the house), is completely secluded and set in a natural environment of exceptional beauty. This area is a paradise for all birdwatchers who come to the island, especially in the spring months, from all over the world to admire pink flamingos, black and white storks, peregrine falcons and

many other migratory birds of rare beauty. The gulf is an important breeding area for many fish species that make this stretch of sea teeming with life. Its location, the natural context in which it is found, the peace, the silence and the strength of the elements, make this an ideal place to totally immerse oneself in the study and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our lives.

TYPES OF ACCOMMODATION

The centre provides five rooms with bathrooms, and another five rooms with bathrooms are available 800 metres away. We offer accommodation in double rooms with single beds and in single rooms (for an additional charge).

THE FOOD

All meals are carefully prepared by our staff directly in the centre's spacious kitchen. The raw materials and ingredients, all locally produced, are of the highest quality because they are grown in healthy, unpolluted environment on lava soil that is rich in nutrients. Meals include breakfast, lunch and dinner. Plenty of fruit from our garden, herbal teas, water and various drinks are available throughout the day. Meals are vegetarian/ vegan based with a strong Greek/Middle Eastern influence.

THE ISLAND

This island, despite being a UNESCO World Heritage Site, does not have a tourist presence comparable to other Greek islands such as Santorini, Mykonos or Rhodes. Lesvos is nonetheless a generous and independent island, with its own well-defined profile in the Greek economy and full of interesting things to discover and, of course, to enjoy. It is the home of Sappho (a famous poetess of the Classical period), the best Hellenic olive oil, the undisputed capital of ouzo, retsina (local aromatised wine), boasts a curious and unique petrified forest and its capital, Mytilene, is rich in historical vestiges and has a great student life that enlivens it even during the long winter months.

The island's nature is lush and generous: millions of olive trees alternate with dense forests, but also leave room for desolate valleys and barren mountains. And then there is the endless coastline, for long stretches unknown to mass tourism, solitary but welcoming, familiar only to the almost 300 species of migratory birds

that choose to stop here every year. Lesvos is an island where Greek daily life does not let itself be dazzled by the easy money and somewhat kitsch of boorish and naive tourism. It lives its routine with optimism and appreciates the fact that those who come here have not chosen their destination at random.

HOW TO GET THERE

Lesvos is located in the archipelago of the north-eastern Aegean islands and is the largest of the group in size. Due to its importance, it has very easy connections with Athens, where there are several internal flights every day throughout the year. If you want to save money, there are good connections by ship every day of the year. Ships also stop in Chios and often go as far north as Thessaloniki.

From some European countries you can fly directly to Lesvos, which has a small but modern international airport. If you cannot find a direct flight to Mytilene, fly to Athens and from there take another flight to the island.

THE BEACHES

Like the traditional villages, Lesvos' beaches are numerous, indeed, practically endless. From kilometres of sand and pebble beaches to quiet coves, you are spoilt for choice. The most famous are basically four, all far apart in terms of surface area. To the south, around the village of Plomari, is Agios Isidoros, to the north, just below Molyvos, Petra. The most famous beach in the western part of Lesvos is Skala Eressous, while along the same coast, but on the opposite side, is the beach of Vatera. All are very extensive and all have ample space to relax without crowds even in the middle of August.

WHAT TO SEE

In Lesvos, needless to say, there is much to see and do. To see everything, one must stay on the island for a long time, at least ten days or return several times, and we are sure that the island will tempt anyone with this desire. Some of the best attractions are the hot spring of Polichnitos, the petrified forest. Other things to see on Lesvos are the monasteries of Limonos and Taxiarchis, the Roman aqueduct and the castle of Mytilini.

TEACHER

Massimo Cantara: He graduated as a Yoga teacher (500h) with the international school SYM, where he was also a teacher for many years, and also holds a diploma in Yoga Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. Since 2010 he has been teaching at his own centre in Italy and is a founding member of "Three Treasures Yoga", an international yoga teacher training school. In addition to his professional activities as Therapist and Shiatsu practitioner and teacher, in 1999 he founded "Holismos yoga and wellness" Health Centre, of which he is the director. In 2016, together with Sara Della Torre, he founded Holismos Yoga and Wellness in Varese near the Swiss border. Diploma in Cranio Sacral therapy Kinesiologist, Shiatsu practitioner, Yoga Teacher. In 2020 he debuts with his music CD "Elemental World", a sound journey through the 5 elements. In 2021 he published his book "Hospital without pain" Bio-natural disciplines in the hospital setting, Ed. Epigraphia, Salus series, soon available on Amazon in the english translation.

CONTACTS

Massimo Cantara cell: 0039 3383824280 e-mail: info@holismos.com web: www.yogaholiday.it