

1-1 PRANIC RETREAT

Individual Inner Transformation OM Yoga Center & Bhakti Marga Educational Center Slovenia

 Silence  Prana  Spiritual Support  Personal Guidance

Welcome

In the peaceful environment of our Educational Center, I invite you to a **1-1 pranic retreat** – a safe, guided and deeply spiritual space where you can soften into silence, reconnect with your inner clarity, and nourish yourself with the subtle energy of prana.

This is a fully individual process, **adapted to your body, your rhythm and your spiritual journey.**

The experience gently leads you toward grounding, clarity and a more awakened inner awareness.

What is a pranic retreat (1-1)

A pranic retreat is a gentle, guided inner process that includes:

- ✓ *preparation of body, mind & energy*
- ✓ *daily meditation & inner anchoring*
- ✓ *gradual reduction of food intake*
- ✓ *nourishing liquids: juices, teas, soups, water*
- ✓ *optional light dry days (if suitable)*
- ✓ *mindful nature walks*
- ✓ *personal sharing, reflection & integration*
- ✓ *energetic support before & after the retreat*
- ✓ *optional inclusion of Atma Kriya Yoga techniques*

Every retreat is tailored to your level of experience, sensitivity and intention.

Where does the retreat take place?

OM Yoga center and Bhakti Marga Educational Center in Slovenia, a peaceful space surrounded by nature, silence and gentle natural energy that supports introspection and inner rest.

- ✓ quiet, simple room
- ✓ meditation corner
- ✓ forest walking paths
- ✓ soft, uplifting spiritual atmosphere



Retreat options

⭐ You can choose from these programs

⭐ 3-day retreat: inner reset (liquids)

Price: 350 EUR

Does not include dry days, suitable for beginners and people who want to gently restore body and mind.

⭐ 7-day retreat: pranic shift

Price: 550 EUR

Includes accommodation, daily guidance, pranic support, juices, teas and a simple spiritual program.

⭐ 14-day retreat: pranic immersion

Price: 950 EUR

Includes an in-depth pranic process and personal accompaniment through several phases and accommodation.

⭐ 21-day retreat (1-1)

Price by agreement

For those who want the deepest transformation. Preparation, conversation and coordination are required.

Included in all retreat programs:

- ✓ private accommodation in our center
- ✓ nourishing liquids: juices, teas, soups
- ✓ daily guidance & personalised support
- ✓ meditation and pranic energy work
- ✓ post-retreat integration

Additional offer

ॐ Possibility to supplement the program

→ **Atma Kriya Yoga course (220 EUR)**

A powerful spiritual system that supports you through the process and long after.



Who is the retreat for?

Those who want to:

🌙 deepen their spiritual path

🌿 relieve body and mind

🧠 understand subtle energies

💡♂ enter silence

🔥 release old inner patterns

❤️ strengthen the connection with the heart and soul

Applications & information

Want to learn more about the pranic path?

Listen to the lecture:  Pranic journey online lecture, 16th November 2026

Retreats take place all year round.

For all information, questions, dates and registration

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Only silence.

Only simplicity.

Only love.