



The Divine Union

Awakening to the Dance of Form & Emptiness

5 Day Retreat: Tiruvannamalai, India

Dates: 11–16 January, 2026

Venue: Shivalaya Boutique Stay

Guided by **Saeed** and members of the **Consciousness Collective**, we will journey into the timeless dance of Shiva & Shakti, Yin & Yang, Body & Spaciousness — exploring the meeting point of form and emptiness.

This immersive experience weaves together **Satsang, Energetic Consciousness Transmissions, embodied movement, workshops, energy work, and deep meditations**, inviting you into a deeper intimacy with yourself and **direct experience** of the mystery of existence and beyond.

Held in the powerful presence of **Arunachala** and supported by a conscious, heart-centered community, you'll be invited to unravel, awaken, and remember — returning to the stillness and wholeness at the core of your being.





As we advance on the spiritual path, we can often find ourselves innocently clinging either to the body, or to the spaciousness beyond it. Yet the true journey is to fully integrate and **open into the beingness of non-dual reality — the union of these apparent opposites.**

Within this dance of form and emptiness are endless treasures to be discovered.

Our retreat will support you in this enquiry and provide **greater clarity, embodiment** and **guidance** towards union. First by understanding the two dimensions: **what form is** and what keeps us bound to it. Then gradually pointing towards **what lies beyond**, through workshops, practices, and direct experience.

Deepening into Form

- What is form?
- The Five Aggregates: Exploring the foundations of body and mind
- Embodiment practices: Yoga, Qi Gong, and conscious movement
- Personality programs: Seeing through the structures that shape us
- Conditioned beliefs: Releasing what no longer serves
- Opening Nadis: Attuning to subtle life force channels
- Understanding the mind: Observing its patterns and stories
- The Work of Byron Katie: Inquiry into thought and perception
- Impermanence: Opening to the truth of constant change

Deepening into Emptiness

- What is emptiness?
- Energy practices: Feeling subtle energy as a bridge beyond form towards emptiness
- Aura awareness: Expanding perception beyond the physical body
- Exploring the Heart Sutras: Deep teaching of form and emptiness
- Meditations in the Space or Void: Resting in openness and stillness
- Energetic Consciousness Transmissions: Receiving powerful transmissions from initiated facilitators providing direct experience and embodiment.

This retreat offers a journey into the **heart of being**: the meeting place of form and emptiness, where **the dance of Shiva and Shakti reveals its profound harmony.**

About the Consciousness Collective

This retreat is co-facilitated by Saeed, alongside a diverse group of gifted facilitators from the **Consciousness Collective**.

Our collective brings together wisdom and talents from around the world, all deeply **aligned with the Dharma** and devoted to supporting others on their spiritual journey. Many of us travel and live together — moving between India, Bali, Peru, Europe and many other places in the future - to share this work, deepen in community, and create a space where we can amplify its impact. In doing so, we support one another in **living and in service to truth**.

We'll be sharing more details about the program, facilitators, and workshops very soon.

Saeed — Lead Facilitator

Saeed will be the retreat's main facilitator. With over 25 years of experience in the world's wisdom traditions - including Buddhism, Vedanta, Taoism, Sufism, Yoga and indigenous shamanic paths - **he brings a grounded and heart-centered approach to spiritual teaching and consciousness.**

His own journey led to a life-changing experience of deep inner stillness and clarity, which continues to shape the way he supports others. Saeed's teachings blend ancient insight with practical guidance, making the spiritual path feel accessible, alive, and relevant in everyday life.

He now travels the world sharing his work through Satsang, retreats, and one-on-one support — offering a space of compassion, clarity, and encouragement for those called to explore the deeper nature of being. Whether you're just beginning or have been walking the path for years, his approach meets you exactly where you are.

During the retreat, Saeed will offer Satsang (open spiritual dialogue), guided meditations to awaken inner energy and balance the system, teachings from ancient traditions, and grounding practices for integration — cultivating a space to slow down, reconnect, and experience the deeper peace and presence already within.



Saeed Khan



Shivalaya Boutique Stay

A Luxury Nature Immersion
in the Sacred Presence of Arunachala

Our 5-day retreat will take place at the serene and beautifully curated Shivalaya Boutique Stay Retreat Centre, nestled at the base of the **sacred Arunachala Mountain** in Tiruvannamalai, South India — a place long revered as a gateway to deep inner awakening.

Surrounded by **lush gardens, vibrant flora, and sweeping mountain views**, Shivalaya offers an ideal setting for stillness, reflection, and reconnection. This boutique retreat space blends natural beauty with thoughtful design and comfort, creating an atmosphere that supports both personal healing and shared retreat experiences.

Guests will stay in shared, cozy accommodations with private balconies overlooking one acre of peaceful gardens - a perfect space to **rest, reflect, and connect**. Nourishing traditional cuisine is lovingly prepared on-site using fresh, local ingredients, supporting both body and soul.

Shivalaya is more than just a venue — it's a **sanctuary where nature, sacred presence, and quiet luxury meet**. We're honoured to host our retreat in this deeply rejuvenating environment, held by the grace of Arunachala.

To learn more about this breathtaking location, you can visit:
<https://namashivalaya.org>



Stories From Our Last Retreat

“This 7-day retreat has been a truly transformative experience. Surrounded by love and kindness, I discovered a new way of approaching life. Through daily practices such as yoga, meditation, and Qi Gong, I reached states of deep relaxation, calm, and profound well-being. The satsangs and transmissions also deeply nourished our inner being, bringing clarity, confidence, and faith. These spaces are very precious, offering major keys of understanding and profound energetic activations.

I now feel more fluid within myself, with fewer limitations. What I learned continues to guide me in my daily life. I am deeply grateful, and I wholeheartedly recommend this retreat to anyone wishing to expand their consciousness and open their heart.”

— **Laurène, France**



“To say it was a blast, would be the understatement of the century. This week was the best time I ever had in my life. A group of lovely, loving people who accepted me completely. That in itself was transformative. In addition to that, great teachings and even greater meditations. Energetically, I was love-bombed in the best sense.

Having been back for 3 weeks now, I feel an inner calm, friendliness and richness like never before.”

— **Alexander, Berlin**

Stories From Our Last Retreat

“I joined the retreat in France last September 2025. Some words that come to me are worthiness, openness, truth and love. If this is something you are considering, this is the best way to tell you what you will find. But don’t expect it, live it!

And so I did it. And it was an excellent opportunity not only to receive from the facilitators, but also to meet fantastic people with shared interests. I bring with me priceless connections. Much love.”

— **Eric Vega, Stockholm**



“I have been receiving Consciousness Transmissions for some months now and this was my first retreat in France I attended from the Consciousness Collective! It is honestly so hard to put into words how deeply touched I am by this work and all of the beautiful Souls who are in this container!

I know there were times during my journey I would have given my entire world to be where I am now from receiving Consciousness Transmissions and everything that was offered during the retreat! I left the retreat with so much softens in my being. It is truly one of a kind offering and the most valuable jewel for me. Infinitely grateful for this work!”

— **Viktoria, Canada**



Pricing & Reservation Information

Workshop Cost

€600 – includes three nourishing vegetarian meals per day.

Accommodation & Reservations

Shared accommodation is available, with options ranging from €100 to €300 for the full 5-day retreat.

To book your room and confirm your place, please contact Aiyana directly via
WhatsApp: +44 7568 066 667

A deposit covering the full accommodation cost is required to secure your spot.

The retreat fee of €600 is to be paid in two installments:

- €300 due by November 11th
- €300 due by December 11th

Arrival & Departure

Arrival: Sunday, 11th January at 12:00 PM

Departure: Friday, 16th January at 11:00 AM