



TRANCE DANCE

THE DANCE OF LIFE



Seminar with Apurva Mastinu - Shamanism
& Phebus Sat Kartar - Kundalini Yoga



Thursday 29 – Sunday 1 November 2026

Experience a powerful ancestral shamanic ritual adapted to the modern world:
Trance Dance

Dive into the **Heart of Trance Dance Rituals**.

Guided by Apurva Mastinu, this practice uses a blindfold, specific breathing patterns, and sacred rhythms from all seven continents to induce a natural state of trance.

It is a deep inner journey where entirely free movement allows you to bypass the rigid structures of the mind, release emotional blocks, and awaken your spontaneous, wild, and intuitive nature.

In addition, contemporary shamanic rituals will help you anchor this experience and reconnect with your true essence.

A Sacred Date: Accompanying the World Beyond

Spanning late October and early November, the veil between worlds is exceptionally thin. Through dance and rituals, we will accompany the world beyond to honor our ancestors, realize ancestral memories, and let go of the old to welcome the new.

Facilitators

Apurva Mastinu (Lead Guide)

A disciple of spiritual master Osho Rajneesh since 1986, Apurva has dedicated the last 40 years of his life to the path of truth and human potential.

He has studied and collaborated with world-renowned pioneers in humanistic therapy and shamanism and meditation across

India, Brazil, the Amazon, Usa, Europe, Bali, Central America and Thailand.

A composer of Trance Dance music, he has guided thousands of people in Trance Dance dance, from Italy to Bahia to the Boom Festival to Ibiza to the main Spiritual festivals. .

His approach is a perfect, accessible synthesis of Western approaches, Eastern wisdom, and Indigenous practices.

Phebus Sat Kartar Singh (Kundalini Yoga)

Born and raised at Le Martinet and the son of Satyavrati Karta Yogi,

Phebus grew up in the heart of Kundalini Yoga.

After traveling and studying worldwide (India, Canada), he trained in sound engineering and hypnosis.

Today, an entrepreneur in sustainable construction and a father, he returns to his roots to guide others.

Profoundly impacted by the power of Trance Dance under Apurva's guidance, he chose to invite this medicine to the school where he grew up to co-create this exceptional weekend.

He will provide support and grounding for participants throughout the stay.



TRANCE DANCE

What You'll Experience

During this immersive retreat, you'll be guided through a profound journey of personal healing, self-discovery, and transformation. Each practice is designed to help you reconnect with your body, access deeper states of consciousness, and restore inner balance.

Morning Practice: **Kundalini Yoga**

Begin each day with an energizing Kundalini Yoga session to awaken the body, activate your energy channels, and cultivate a grounded, present state before entering the day's deeper experiential work.

Seminar:

Trance Dance Rituals

Move beyond the thinking mind through powerful dance rituals that awaken instinct, vitality, and inner wisdom.

Spirit Animal Trance Dance

Connect with your instinctual nature and receive guidance from your inner animal ally.

Trance Dance Power Dance

Release stagnant energy, awaken your life force, and reconnect with your authentic power.

Soul Hunting (Soul Retrieval)

Reclaim and reintegrate parts of yourself that may have become disconnected through past trauma or significant life experiences.

Shamanic Journeys

Travel through expanded states of consciousness, guided by the rhythm of the shamanic drum, to access insight and inner guidance.

Truth Stick Ritual

A sacred circle of authentic sharing, where each voice is honored and truth is spoken from the heart.

Sacred Ceremonies

Take part in transformational rituals that explore different archetypes and aspects of the self.

Shamanic Journey Magical Child

Shamanic Journey Black Goddess

Ritual Woman's Dance

Each ceremony invites deep emotional release, empowerment, and a renewed connection with your inner essence. Breathwork, Harness the power of conscious breathing to increase vitality, release emotional blockages, and naturally access expanded states of awareness.



where
LOCATION

Amrit Nam Sarovar

International Kundalini Yoga School

www.amritnam.com

Amrit Nam Sarovar is a learning community beyond territory and culture,

rooted in the traditional Yoga.

Founded by **Satyavrati Yogi**, the School today consists a worldwide network of practitioners of Kundalini Yoga.

Serving the teachings for over 35 years has revealed a path to Transformation and Mastery.

A special place where we will have the opportunity to experience the Trance Dance seminar.

Purifying and Local Food

To support this cleansing process, our meals will be entirely organic and vegetarian, prepared with seasonal vegetables freshly harvested directly from Le Martinet's garden.

Healthy, living food to purify the digestive system in perfect harmony with the weekend's work.

