

*Yoga
Light
Vibes*

INDIA RETREAT AGONDA, GOA 6-13 FEBRUARY



An adventure of a lifetime in this beautiful and peaceful part of South Goa. Immerse yourself in the vibrant Indian culture, while enjoying the sanctuary of a retreat centre nestled in the jungle, only minutes from stunning Agonda Beach.

www.yogalightvibes.com



WHAT TO EXPECT

DAILY MORNING MEDITATION & PRANAYAMA (BREATHING EXERCISES)

MORNING VINYASA FLOW TO GET THE BODY MOVING, EVENING RESTORATIVE YOGA, SOUND BATHS AND YOGA NIDRA SESSIONS TO NOURISH THE SOUL & SOOTHE THE NERVOUS SYSTEM

INTRODUCTION TO AYURVEDA, MANTRA WRITING & EFT (TAPPING) TO CLEAR THE MIND AND MAKE SPACE FOR THE CREATIVITY OF THE SOUL

NUTRITIOUS MEALS TWICE DAILY, INCLUDING FRESH JUICE & TROPICAL FRUITS PRE-YOGA, A BUFFET BRUNCH POST YOGA & A DELICIOUS GOAN STYLE OR MEDITERRANEAN DINNER IN THE EVENING.

MINERAL WATER, HERBAL TEAS & FRENCH PRESS COFFEE ON TAP

MAGNIFICENT SUNSET RIVER BOAT SAFARI (SOARING EAGLES, RARE BIRDS, OTTERS & MONKEYS!)

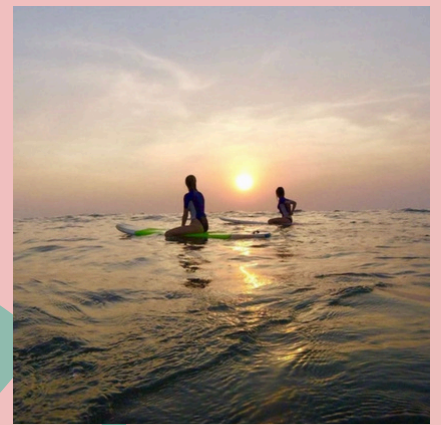
MASSAGE, REIKI, THERAPEUTIC COACHING, PRIVATE SOUND BATH, ASTROLOGY, TAROT READINGS & MORE (AVAILABLE TO BOOK - EXTRA COST)

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I'd like to invite you to reconnect to your purpose and remember your authentic true self, disconnecting from the western world and diving deep into yoga & ayurveda, pranayama & meditation, breathwork, mantra, EFT (tapping) & sound healing to help you re-empower and remember your true reason for being, while also enjoying a magical beach holiday in the best part of South Goa!

Can you make the choice to prioritise your own self care and gift yourself this truly healing time to ground yourself, connect to your true nature and come home radiating?



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This is truly a time to nourish your body, mind and soul, through the transformative daily practices, the delicious South Indian cuisine, the glorious Goan sunsets and the inspiring nature all around you.

An opportunity to meet like minded souls and forge connections that last a lifetime. Return home with a full cup, an open heart and a wealth of self care tools to resource yourself on the other side.



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ACCOMMODATION



STUDIO SUITE (A/C)

Large private studio apartments with own living space, king size double bed, queen size sofa bed (ideal if you want to share with a friend) or wooden desk/study area & luxury bathroom.

£1400 for single occupancy or save £150 each if you bring a friend - £2500 (only £1250 each).

STONE COTTAGE (NO A/C)

Cosy cottage with queen size double bed & ensuite. Perfect for one person or a couple sharing a bed.

£1200 for single occupancy or save £150 each for a couple sharing - £2100 (only £1050 each).



WOODEN COTTAGE (A/C)

Wooden jungle cottages with twin beds for two people sharing.

£950 per person.

Single occupancy is £1100.

We also have one larger dorm cottage (4 singles / 2 doubles).

£850 per person (singles).

£1050 per person (king doubles)

Includes: 7 nights, high thread count cotton sheets, quality European mattresses, premium Ayurvedic toiletries & towels; and a palm fringed balcony.





*Come nourish your soul
with me in South Goa!*

Join Sally-Anne for a week of wellness and learn a multitude of holistic self care practices to nurture yourself from the inside out and provide you with the essential wellbeing tools you need to build yourself up for true greatness, whatever lies ahead!

Email sallyanne@yogalightvibes.com to book onto the retreat!

YLV