

## Yoga Retreat in North Goa India 1-15 March 2009 One or Two week Retreats

Pam is organizing a Yoga retreat in a beautiful blissful Venue built primarily for Yoga workshops & retreats.

This venue is located in the jungle approximately 500 metres from the Arabian Sea. The place is unique for the silence and ambiance of the jungle hermitage, yet is not far from the alluring beaches of Goa, In fact most of the cottages offer a view of the sea. The surrounding is a naturalist's paradise complete with numerous medicinal plants, herbs and wildlife. It also witnesses a larger variety of wild birds than any other part of Goa. The venue has a friendly team of staff who will be at hand for all maintenance work and gardening throughout your stay. There are also two resident ayurvedic therapists trained in Kerala who are available for body toning, massages and panchakarma treatments. The cost of each will be additional and is dependent upon the nature of the treatment.



The retreat includes:

- Eco-friendly accommodation (Twin-share cottages with attached toilet and shower).  
Extra supplement if you require a cottage on your own.
- Ayurvedic meals: Breakfast, lunch & dinner.
- Daily morning & evening Meditation & Yoga classes (optional)
- Evening Chanting and discourses on Yoga & spirituality (optional)
- Cleaning of cottages, incl. washing of bed linen & towels and replacement of essential toiletries.
- Fresh filtered water provided daily.
- 24 hour security guards.
- Safety deposit lockers for personal belongings.
- Telephone for incoming calls and local calls only.
- Bookings, advice & arrangements for Taxi and Excursion.
- Recommendation & arrangement for Dental work.
- Transfers from Goa Airport.

**Cost for 2 weeks is £490 (Not including your flights to Goa or Visas)**

**Cost for 1 week is £290 (Not including your flights to Goa, India or Visas)**

**If you have any questions regarding the retreat or Goa, please feel free to contact me via email [ujvaltara@gmail.com](mailto:ujvaltara@gmail.com) or calling 07956597415.**

**Please reserve your space as soon as possible. (Only 20 places available)**

**20% to paid on reservation (non refundable) by 15<sup>th</sup> December 2008  
Balance due before 5<sup>th</sup> February 2009.**

## Gallery



Garden



Dining Area



Yoga Field



Meditation Stage



Yogasana Class



Dining Area - by night



Ariel View