

Yoga Retreat GOa



House of Leyla Spring Retreat



Welcome to a world dedicated to you.... A retreat that will calm your mind,
rejuvenate your body & nourish your soul.

Retreat Location: Agonda Beach, in South Goa, India.

Agonda, a 3km long stretch of white sand, is well known as one of the most beautiful, isolated, serene, calm and quiet beaches in India, and it is rated as one of the best beaches in Asia.

Agonda is the perfect beach to unwind, sunbathe, swim and meditate, and with its west facing shores you can also experience some of the most extraordinarily beautiful tropical sunsets the sub-continent has to offer!

What's included



Accommodation

Accommodation is for **6 nights – 25th – 31st March**.

Check in: 2:00pm - Check out: 10:00am

Accommodation is based on two people sharing, twin rooms are provided, you can choose who you share with or you will be assigned a roommate. Private rooms are available at an extra cost.

All rooms equipped with fridge, kettle, and French press.

Your bungalow is located less than 1-minute walk from the beach; you just need to cross the street and find yourself in front of the Indian Ocean! It's magical!



Yoga

Morning meditation, pranayama and vinyasa flow will be provided daily.

Optional workshops including Yin, Partner & Trapeze Yoga plus Satsang will also be available.

Practicing yoga in this magical land, will allow you to relax as you take in the natural surroundings. A pleasure of the senses as you enjoy the sound of birds, the waves and the stunning sunsets. **A feeling of pure freedom**, detached from any external disturbances, noises and visitors.

Our shala will have a **mesmerising sea view**, surrounded by coconut, cashew, and palm trees, and are equipped with blocks, straps, blankets, cushions, bolsters and high- quality mats. You are of course welcome to bring your own mats if you prefer.

We will be **practicing on the beach** on the last day to close our retreat with the healing energy of the sea.

Each class will be **mixed ability**, you will be encouraged to focus on your own individual practice and rest when your body wants to rest. Options and modifications will be given.

Each day will have a different theme – Working through our Chakras, finding balance, strength and flexibility.

Soul Sessions

Soul sessions are available on request, you can book these in during your free time. They are a type of counselling/yoga session. I combine my skills from my psychology and counselling degree and yoga training, working with emotions on a spiritual level. Talking, meditating, doing visualisations and poses to open and strengthen. An integrated approach which you may want to experiment with in this time of growth and healing.



Food

Every morning, we will enjoy a **healthy breakfast** topped with fresh tropical fruits, porridge, cereal, tea, coffee, bread, honey, and a savoury typical Indian dish.

At **lunch** a variety of salads, soups, vegetables and several sides to enjoy a **light break in the middle of the day**.

To finish our day, we will **indulge in a buffet of traditional local Indian curries, and dals** that will bring all the flavour and spices to our plates.

There will also be gluten-free and dairy-free options, among other meal requirements, please notify me of these when you can.

During the day, you can help yourself to **herbal tea, masala chai**, and filtered water.

Please note, Saturday dinner and Sunday meals are not included, this gives you the opportunity to experience the local cuisine. As Sunday is the last day, there will be an option to all go on an excursion and eat together.

All food is locally sourced and there a varied range to provide you with a healthy balance.

If for any reason you would prefer to eat somewhere else, you are welcome to although it is encouraged to eat together as a group to deepen group connection.

Useful Information

Travel

Goa is easily accessible by **plane, train and bus**.

Plane

Dabolim International Airport (GOI) is the closest airport and is approximately 90 minutes away by taxi. The cab fare is approximately £25 each way.

I always use Skyscanner when planning and booking my trips.

<https://www.skyscanner.net>

At the moment (04.12.18) return flights from London to Goa are approx. - £400

Train

Guests can also reach Agonda by train. The nearest station is in Canacona, although main train services stop at Margao station (approximately one hour away).

Bus

Regular buses depart from the Canacona bus station for Agonda (9km). The bus stand in Canacona is about 1km from the Canacona train station. Buses from Chaudi and Margao are also available a few times a day.

*Please note flights will most likely have a stopover in either Mumbai or Oman and **you will need a Visa** which you can apply for online. Travel & Visas are not included in the retreat price.*

<https://www.evisaindia.org/application>

Transport from the airport can be arranged for you with enough notice of arrival time.

Please ensure you check with your Doctor for correct jabs and get ensure you have travel insurance.

Timetable

07:00 – 07:30 - Sunrise Walk

07:30 – 08:00 - Guided Meditation & Pranayama

08:00 – 09:00 – Breakfast

09:30 – 11:00 – Vinyasa Flow

11:00 – 12:00 – Lunch

12:00 – 16:00 - Free time

17:00 – 18:00 – Yoga Workshop (Optional)

18:00 – 19:00 - Dinner

19:45 – 20:30 – Satsung with Sudhir (Days TBC)

Please note: this may change slightly



A little info about me! My name is Leyla. I started my career in mental health, studying Psychotherapy at university. I love travelling and whilst in Thailand, I began to learn about mindfulness and decided to study Vipassana meditation in a monastery. I had been practicing yoga a few years and decided to develop my practice after this trip. I went back, this time to India, where I qualified as a yoga teacher. Since then I have taught yoga, run retreats and festivals. I have met the most amazing people, learning so much from my students and growing every day.

The Boring Stuff

Goa Yoga Retreat T&C's

Retreat Date: 25th – 31st March:

Deposit: £400

Full Investment: £920 (Early Bird £850)

WHAT'S INCLUDED: 7 days/6 nights in a twin room with Breakfast, lunch and dinner (except dinner Saturday and all meals Sunday). Yoga program with two yoga/one meditation classes per day. Star gazing & Island exploring excursions on last day. Beach yoga on last day (weather dependent).

WHAT'S NOT INCLUDED: Your round-trip ticket to Goa. Transfers from and to the airport. We can organise pick up or we connect you to the other participants to share a car if you are not a driver.

PAYMENT METHODS: Deposit of £400 will secure your place. Included in programme details is the confirmation and bank details to pay the remaining balance of £520.00. Full amount is due by 11th February 2019. Bank transfers only.

Please book your arrival and departure independently. In the unlikely event that we have to cancel the retreat, we will of course refund all your payments previously received by us. We are not responsible for any flight or other personally incurred expenses.

In case you need to **CANCEL** the trip, the following conditions will be applied:

- Cancellation until 90 days before retreat start: 100% refund of the price, less the deposit
- Cancellation 60 to 89 days before retreat start: 60% refund of the price, less the deposit
- Cancellation 59-0 days before retreat start: no refund.

We recommend a cancellation insurance. The participant is responsible to take care of valid and complete travel documents (visa, passport). We assume no liability or responsibility for any cancellations, delays, losses incurred due to attacks, wars, natural disasters, accidents or other acts of God. The participants confirm that on booking (as far as they are aware) their physical and mental health is a suitable standard to take part in the retreat. For damages that the participants themselves, others or objects inflict, he/she is solely liable. We assume no liability for the loss or damage of personal belongings of the participants. The organisers are exempt from any and all liability as they do not act as a tour operator, but only as a seminar leader.

Please ensure you have valid travel insurance.

Please consult your doctor for any advice on vaccinations well before the trip.

We can't wait to share this journey with you!
Namaste