

# Yoga Retreat

## Northern Goa - India

5 - 12 November 2017

Indulge - Daily Yoga Classes  
Retreat - Sun, Sea & Soul Food  
Restore - Peace, Tranquility & Vitality  
Explore - Beaches, Creeks & Goan Culture  
Savour - Nutritious & Delicious Goan Food

Discover - Yourself

The logo for Soul Retreats features the word 'Soul' in a white, elegant script font, followed by 'Retreats' in a larger, more decorative script. The letters are intertwined with stylized white lines representing waves or leaves, set against a background of a blue sky and ocean.

Let's TRAVEL ...

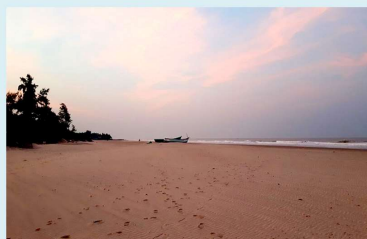
### The Venue

Tropical  
Haven

Ashiyana Retreat Village is the perfect sanctuary for our retreat. Hidden amongst the tropical flora and fauna on the beautiful and unspoilt Mandrem Beach. This bespoke retreat centre is fully equipped with a yoga studio, swimming pool and spa. Just a 75 minute airport transfer and you're in paradise.

A choice of 4 different room grades with twins, doubles and singles to suit every budget and every traveller style, from basic beach huts, eco lodges, tree houses and luxury suites, all with ensuite hot water bathrooms.

This is the perfect place to hide away, relax on the beach, stay active with Paddleboarding and Kite Surfing or explore local villages and soak up the sights.



### Take a Soulful Adventure with Soul Retreats

Yoga, Food & Travel

Experience. . .

Quality time on the mat to go deeper into the amazing practice of yoga.

An escape to a hidden beachside retreat to connect with who you really are & what feeds your soul.

A new country through its food & cultral highlights.

NEW TO YOGA  
OR  
AN EXPERIENCED YOGI?  
-  
THIS RETREAT IS SUITABLE  
FOR EVERYONE

### The Yoga

Fully  
Equipped  
Studio

With Yoga Teacher  
& Founder of Soul  
Retreats  
- Laura Green -

Dynamic Morning Vinyasa  
Yoga Classes  
Rejuvenating & Relaxing  
Evening Classes  
Meditation, Pranayama & Yoga Nidra  
Ayurvedic Workshop  
Philosophy - Living Your Yoga  
Vinyasa, Yin & Restorative Yoga  
SUP Yoga (opt. extra)  
Studio: Mats, Bolsters, Blocks, Straps

### The Package

ALL INCLUSIVE  
(EXCEPT  
FLIGHTS)

£550+  
per person  
plus flights

7 Nights Accommodation  
Yoga & Workshops Twice/Day  
Evening Activities  
Food: Brunch & Dinner  
(Mainly vegetarian fish is served twice)  
Walking distance to cafes & restaurants  
if you want lunch or a cocktail  
Traditional Goan Food  
Support arranging/booking excursions,  
activities & aiport transfers

### EXPLORE, DREAM, DISCOVER

Bringing you the best of both:

Yoga Retreat  
&  
Yoga Holiday

Explore the beauty of Goa, set on the calm & exclusive Mandrem Beach.  
Nourish your Body, Mind & Soul.



Soul Retreats

with  
Laura Green Yoga

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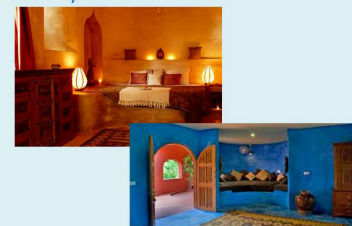
### Accommodation

Beach Hut: Twin £550 / Single £660  
Basic but comfortable either beachside or riverside. Ensuite bathroom, fan and mosquito net. Recently upgraded with simple, yet chic interior.



Palm Grove: Twin £650 / Single £860  
Quirky luxury eco lodges and tree houses. Ensuite bathrooms, balconies, fan and mosquito net. Set in lush tropical gardens.

Raj Double: Twin £750 / Single £1060  
All of the Raj rooms are stone-built with antique furniture, and sumptuous soft furnishings. No two rooms are the same, each having its individual charm and magnificent view from windows and balcony.



Raj Luxury: Twin £850 / Single £1260  
More space, relaxing day rooms, stunning antiques and magical views. Impressive bathrooms.