

Yoga Retreat Holiday to Goa, India 5 – 14 February 2025

About the Venue

I have come to think of India as my spiritual home and the more I see, the more I love it.

Leela Cottages is a boutique resort in a seaside location on Ashwem Beach in North Goa. The accommodation, as the name implies, is in individual cottages. All the cottages are decorated differently and beautifully.

There is a well-equipped yoga shala where we will practise yoga twice per day (we will have two days off.) Breakfast is included and five evening meals but there are so many lovely, reasonably priced, restaurants which serve international cuisine close by that we will try some of them too.

What you can expect

Morning yoga 7.30 to 9.30am

This will usually be a dynamic vinyasa flow practice. Some mornings we may start with a silent walking meditation along the beach.

This practice is not like you do at home in your club or studio. We have time to explore different poses and have a bit of fun! We will also meditate and explore different forms of pranayama (yoga breath.)

Evening yoga 5 to 6.30pm

Our evening practice will vary. From restorative through to yin, partner yoga, dynamic flow and Yoga Nidra. I will change this up every day.

The rest of the day is your own to chill out on a sunbed, take a lovely walk along the stunning beach, have a dip in the sea or even take a taxi to one of the other nearby locations.

On Saturday evening we will take a trip to the Night Market in Arpora, a short taxi ride away. There is a great restaurant close by where we can eat first. The market is a crazy, hippy place with lots of fantastic bargains, incense sticks, tea, wood carvings, silver, clothing and shoes. It's all there and you can haggle for great prices. Make sure you have space in your luggage to take your purchases home!

Pricing

Starting at £1070 for 2 people sharing a Luxury Cottage (£535 pp.) Please ask for the price for 3 people sharing. Going alone? You pay £930. This is still amazing value for 9 nights. Or you may want the Grand Cottage for £1230.

What's included?

Bed and breakfast accommodation

5 evening meals

Yoga with Mandy over 7 days

Not included

Flights, transfers to and from the airport, insurance, Indian Visa, trips and excursions, dinner for four nights, wine or alcohol.

Flights

Many airlines fly to Goa. A new airport close to the venue opened early 2023 so when booking look for Mopa Airport (GOX) which is only about 25 minutes from Leela.

How do I book?

Please send me a deposit of £150 and a message to reserve your place:

Mrs A J Sayers

Sort code: 40 47 83

A/c 22399288

