

Explore and Inspire

8-Day Yoga Retreat

Held at 'Bamboo Yoga' in Goa, India

Friday 12th - Saturday 20th January 2024



An eight-day yoga retreat hosted from one of the best retreat centres in Goa, India. Eco-friendly bamboo-built accommodation and yoga shalas benefit from ocean views and a gentle sea breeze. A friendly team of staff provide amazing food, drink and service, all carefully planned around yoga sessions offered twice daily.

The retreat centre is within walking distance of secluded beaches, and a small number of shops, restaurants and tuktuks - ready to take you on an adventure!

White sands... sunshine... yoga overlooking the ocean (and probably the local dolphins)... delicious vegetarian food... beautiful scenery... amazing service... like-minded people... time for self-care... what more could you want!

Yoga Practices

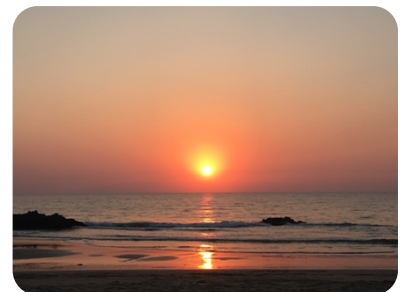
The retreat includes up to two yoga sessions per day, combining the following yoga styles and practices:

- Hatha Yoga
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditation
- Mantra and Mudra
- Mindful Journaling

Sessions are suitable for all levels, with adaptations and props used to support postures, as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial.

Yoga is taught from open-air shalas overlooking the beach and surrounding scenery – sometimes the dolphins even come out to play in the ocean backdrop! Yoga mats, bolsters, bricks and straps are provided, though students are also welcome to bring their own, if preferred.

Each session follows the retreat theme, designed to enhance personal development and transformation.



Daily Schedule

- 07:30 :** Fresh juices, herbal tea, chai, tropical fruits.
- 08:00 :** Morning yoga – a dynamic practice incorporating mindful movement, pranayama, mudra, guided meditation and journaling.
- 10:30 :** Plentiful vegetarian, Goan-inspired brunch buffet.
- 11:00 :** Free time, for relaxing, swimming in the sea, holistic treatments, exploring local area, etc.
- 15:00 :** Chai and cookies.
- 16:30 :** Evening practice – a soothing practice incorporating yin yoga, restorative yoga, pranayama, mantra, yoga nidra, and journaling (as the sun sets).
- 19:00 :** Delicious Dinner – Goan-inspired vegetarian buffet with fresh salads

Unlimited water, afternoon teas and cookies are always available. Optional extras are available from a mouth-watering a la carte menu.

On the last night of the retreat, dinner will be eaten on the beach, under the stars.

Location

Bamboo Yoga Retreat is situated near Palolem, South Goa, around 90 minutes drive from Goa International Airport (GOI).

Goa International Airport can be reached by direct international charter flights from Gatwick (TUI Air) and other European countries, as well as by international scheduled flights via Qatar, Delhi and Mumbai (Air India, Emirates, Oman Air, Qatar Airways).

Bamboo can arrange transfers to and from the airport for you. They will meet you at the airport (they'll have a sign saying 'Bamboo Retreat') and bring you safely and directly to the retreat. There is an extra cost for this that will need to be paid direct to Bamboo.

Accommodation

Guests stay in beautiful bamboo beach huts designed for two people, made from local organic materials. Each hut has air-conditioning, a large veranda with a hammock, comfortable beds with mosquito nets, gorgeous views over the ocean or paddy fields, and an en-suite outdoor (but private) shower room.

A large covered communal lounge/dining area welcomes guests at any time of day or night. With a floor of sand and a view of the beach, it's the perfect place to socialise, eat and drink, relax to the sound of the ocean, or simply watch the sunrise or sunset.

The yoga shalas are available for use as and when classes are not being taught, allowing for self-practice or relaxation between sessions. And private sun loungers, with bamboo shade umbrellas, provide further relaxation spaces overlooking the ocean.



Food and Drink

All food is vegetarian, wholesome, nutritious and, wherever possible, organic.

The day starts with a freshly squeezed juice of the day, such as watermelon and ginger, or pineapple, lemon and mint, to cleanse and energise your body. Fresh tropical fruit salad is also made available.

After the morning yoga session, we will share a delicious brunch comprising: homemade yoghurt; local breads; muesli; eggs; and some Indian-inspired vegetable dishes and salads, with herbal teas and juices.

The Bamboo team provide a selection of teas, cookies and fruits in the afternoon, providing a boost of energy before the afternoon yoga session.

In the evening; a delicious vegetarian meal, offering a range of choices, catering for all preferences and appetites. Menus are designed by a team of Nepalese chef's and an on-site nutritional advisor, so prepare to be impressed!



Throughout the day you can order additional snacks, vitamin and health-booster juices and fresh tropical fruit. You can have these whilst relaxing in the communal lounge, at your hut, or on the beach watching the ocean.

Allergies and other specific dietary requirements can be accommodated. Please let us know when booking. All meals are prepared using filtered water and mineral water is used to make ice cubes.

What's Included:

- 8 night's accommodation in a bamboo hut with air-conditioning and en-suite shower room, close to the ocean
- Morning fresh fruit salad, juices and teas
- Morning yoga session with Emma
- Use of yoga mats and props
- Vegetarian buffet brunch
- Afternoon chai and cookies
- Afternoon/evening yoga session with Emma
- Delicious evening buffet meal
- Fresh water and a selection of tea's
- Free wireless internet connection
- Group boat trip to view the dolphins
- One yoga-free afternoon, to allow time for exploring the local area, or relaxing

What's NOT included:

- Flights
- Insurance
- Transfers
- Excursions, day trips, Tuk-tuks or taxis
- Holistic treatments
- Supplemental food or drink ordered a la carte
- Additional accommodation before/after retreat dates

About Your Teacher - Emma Bacon

Emma Bacon is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle.

Emma teaches Hatha Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudra's, mantra, journaling, and the wisdom of yoga principles and philosophies. Emma endeavours to teach in a way that encourages all students to personalise their practice, ensuring that sessions always nourish the mind, body and soul. She likes to empower students to make good choices, based on individual needs, whether obvious or from somewhere deep inside. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower real transformation.

In addition to her yoga experience and training, Emma has qualifications linked to life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She runs a wellbeing campsite offering glamping, camping, yoga classes, workshops, sound baths and retreats. She also provides one-to-one life coaching sessions, drawing on her knowledge of the chakra's, Ayurveda, and other yoga principles in combination with more westernised life coaching techniques.

Recently, Emma has been working with an international team of people creating a new wellbeing app called 'Aime', designed to support physical and emotional health. See www.aime-health.com for further information or to sign up to the free app.

As a wife and mother of two (plus about 30 animals!), Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more that to watch someone choosing to become their most authentic self.

Dates and Investment

The retreat starts on Friday 12th January 2024 and ends the morning of Saturday 20th January 2024 (specific timings to be confirmed nearer the time).

Students are welcome to arrive a few days early, or stay a little longer, in order to make the most of their time spent in India. Accommodation and full board can be organised by contacting the Bamboo venue via email...in advance. Adventurers might even like to organise exploring another part of India during their trip.

Please note: An initial non-refundable deposit is payable to secure a booking, with the full balance due four months before the start date of the retreat (12th September 2023). Payments should be made to Rebalancing Me Ltd.

Limited spaces available. Bookings are on a first come first served basis, with a deposit required to guarantee a booking. Please contact Emma on 07790 296737 or email info@laurelparkcampsite.co.uk to book (ensuring you have read and understood our terms and conditions).



Sharing price:

Based on two sharing a bamboo hut with en-suite outdoor bathroom: £975.00pp

Deposit £400 (paid at time of booking) in GBP
Balance £575 (paid 4 months before retreat) in GBP

Single occupancy price:

Based on an individual occupying a bamboo hut with en-suite outdoor bathroom: £1175.00pp

Deposit £500 (paid at time of booking) in GBP
Balance £675 (paid 4 months before retreat) in GBP