

Yoga Holiday at Anahata Retreat in Ashwem, Goa

31 January – 9 February 2018

Following our wonderful retreat in February (which was so much fun) we've booked to secure a return trip next year!

If fabulous daily yoga, soft sandy beaches, clear warm seas, amazing Ayurvedic massage treatments, great food and sunsets with a sundowner in your hand sounds like your kind of fun then come and join us!

Expect to stretch, focus, energise, contemplate, be challenged and have fun with yoga, breathwork and meditation. There'll also be plenty of time to relax, chill out, make new friends, visit the famous Night Market, hang out at La Plage (Goa's best restaurant!), and more.... Honestly – you'll go home feeling rested, replenished and with enough sun in your sun bank to see you through till spring.

We're staying at the beautiful Anahata Retreat on Ashwem Beach in North Goa.



The accommodation is in luxurious beach huts which have a 'boutique' feel. They have en-suite showers and western toilets, reliable, unlimited hot water, beautiful furnishings, proper sprung mattresses and electrical connections that actually work! Anahata is situated in a coconut grove on the beach and has a gourmet restaurant, a rooftop bar area, lushly planted tropical gardens and an amazing purpose built yoga deck that overlooks the ocean plus another yoga space down in the garden area.



One of the beach huts



Beach hut interior



The restaurant – no shoes required!



The rooftop bar

The cost of the 8 night retreat is £895 and includes:

- Energising morning yoga and relaxing sunset evening yoga on the purpose built deck overlooking the Arabian Sea
- A post yoga breakfast buffet including fresh fruit juices, teas, coffee, coconut water, muesli, porridge, fresh fruit salad, yoghurt, eggs of your choice, parathas (the Indian breakfast option changes daily).
- Buffet style dinner with a range of delicious dishes that changes daily
- A 15% discount on all massages and treatments at the Anahata Ayurvedic Spa

And doesn't include:

- Flights (direct flights are currently around £500-600 via Thomas Cook – I will let you have all the details so you we can all travel together)
- Transfers to and from the airports. Taxis or minibus will collect and deliver us from Goa airport to the Retreat Centre, and on the return trip too, for which there will be a small charge.
- Drinks and excursions

Please note that, due to the time difference of 5 hours, we leave Gatwick early on 31st January and arrive at Anahata in the early hours of 1st Feb. On the return journey we leave Anahata late in the evening of 8th Feb and arrive back at Gatwick early on the 9th.



The breakfast buffet



Yoga on the deck



A fun evening at the Night Market

I've included some of my photos to give you an idea of what it's like but if you want to see more, here is the link to the retreat centre's website

<http://anahataretreat.com/galleries/>

You are welcome to come on your own – we have lots of fun as a group so no-one need be alone unless they want to – or you could bring a friend or a partner with you. Although the morning classes are more dynamic we can accommodate those whose practice is a little rusty, and the evening classes are suitable for everyone including complete beginners.

Please email me if you would like to book a place - a non-refundable deposit of £500 is payable on booking and the balance is due 1st January 2018. Please do contact me if you have any questions or would like any more information about this magical week.



Sunset from the rooftop bar



Anahata looking back from the sea