



SERENITY
ESCAPES
clear mind lean body

"A dream you dream alone is only a dream, a dream you dream together is a reality."

- Yoko ono

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Serenity Escape to Goa 2018

Escape to serenity on one of our beautiful retreats.

Accommodation:

Shared room £695

Single Occupancy £895

Not included: flights and transfers

Your trip will include:

All Yoga and meditation (optional! See itinerary below)

Early morning herbal teas and juices

Delicious brunch and organic vegetarian evening meal





The food on our retreats is exceptional. As a Functional Nutritionist, Susie carefully constructs health giving menus which are nourishing, delicious, freshly prepared and organic wherever possible.





The yoga is in beautiful Yoga shala's either on the beach or with a mountain view.

We begin and end each day with a view of the sunrise and sunset, watching the sun glistening over the Arabian sea.

This is yoga for real people, accommodating everyone whether they are just beginning their yoga journey or wanting to deepen their practice.



An example of a typical Retreat Itinerary:

07:15 Choice of light herbal teas, fruit juices and fruit.

08:15 Morning Yoga practise including meditation and Pranayama. Followed by energising yoga sequences including Yang Yoga, Hatha Flow, Ashtanga and Dynamic Vinyasa.

10:30 Delicious vegetarian brunch.

11:00 Free time, time to relax on the beach, explore or indulge in one of the lovely treatments available (Not included).

15:00 Chai and goodies.

16.30 Evening Yoga practice Slow Flow, Restorative, Yin, Nidra and meditation.

19:00 Enjoy the beautiful vegetarian cuisine for your evening meal

20:00 Visit the beach shacks for live music, gaze at the stars, walk on the beach.....Sleep well and rest.

(May be subject to change)





On retreat with us is a chance to truly restore. There is nothing to think about except you and relaxing.

We are a truly friendly group of like minded people, wanting nothing more than peace tranquility and seriously health cuisine, the sound of the ocean and a bit of space in life to reset and recharge.

Take time to step away from your everyday life to relax, and hand yourself over to experts is the ultimate in self compassion. Each day will bring yoga as gentle or challenging as you require.

You will take away calming breathing techniques to reduce the effects of stress. We take meditative walks on the beach and watch the sun rise and set over the lagoon. Whether your goal is to lose weight or improve your digestion or any other health goal this is the place for you.



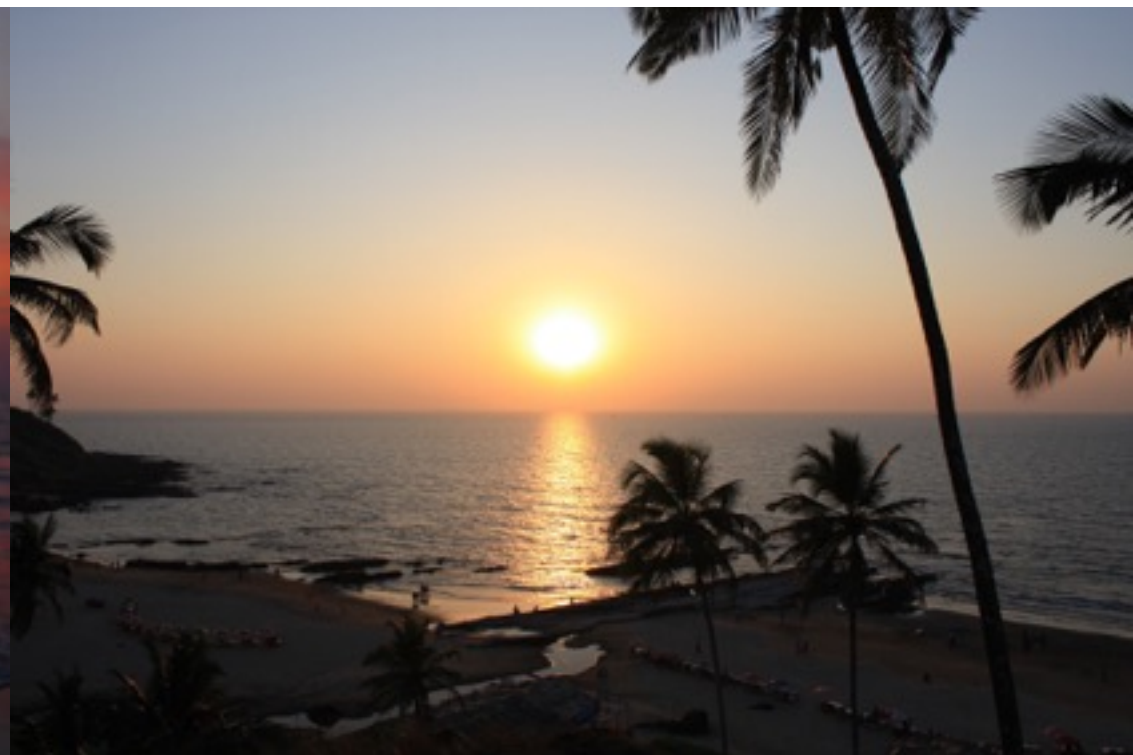
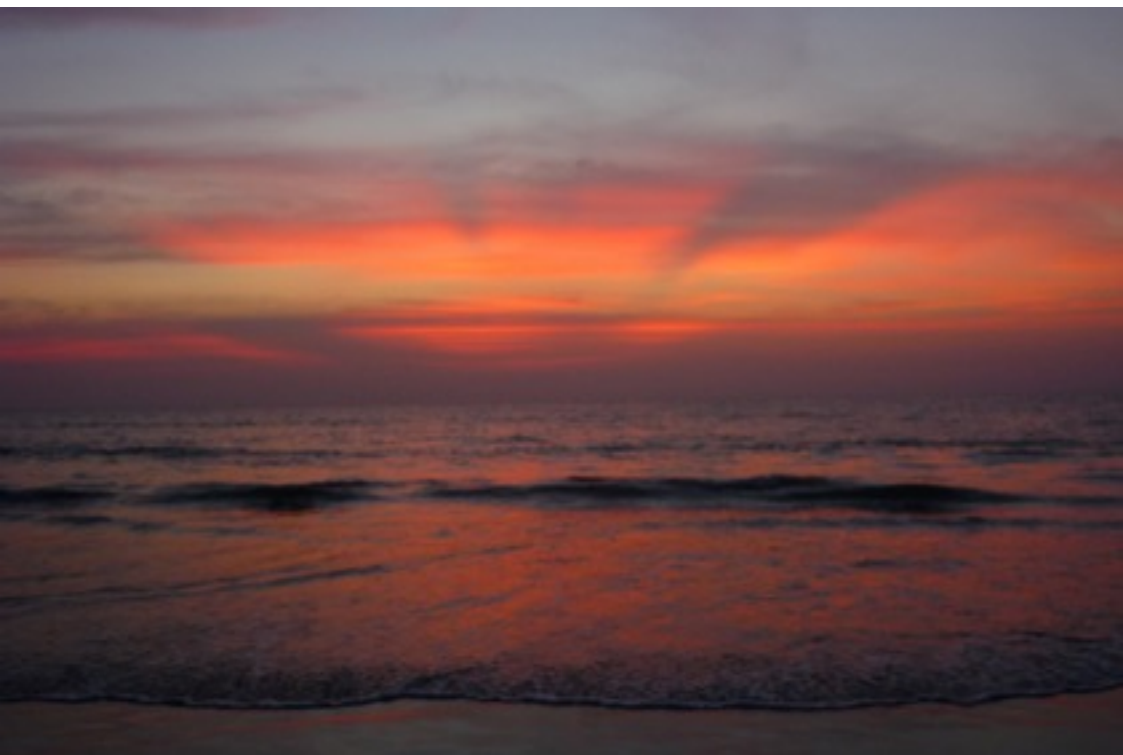
You stay in luxury Bamboo huts on the beach, with the sounds of the ocean to lull you to sleep at night and wash over you as you awaken. They are stylish with white cotton linen on comfortable beds and scrupulously clean.



There are opportunities to take a boat trip to watch dolphins surfing the waves, or visit the 200-year-old organic spice farms and buy some amazing turmeric to take home and use as an anti-inflammatory spice. You are invited into their incredible home and will be served lunch, and hear about growing spices organically from the very talented 3rd generation farmer.



Take a trip to the National Park and walk down to the waterfall for a cooling swim in the tranquil waters or walk along to the next beach and spot the pretty beach shacks en route.





Spend your days relaxing listening to the sound of the Arabian ocean or maybe indulge in a little shopping for beautiful Indian jewellery or even commission a design of your own from the Artisan jewellers. Or peruse the amazing designs of luxury baggage with intricate mirror work.



Yoga

The word asana or yoga body posture is derived from the root asa-bhuve meaning to Be.

Being in the moment not doing in the moment.

It is not about "becoming anything" but discovering what is already present within you. It is not about "gaining enlightenment" but uncovering the layers and redeeming sahajawesta - your natural state.

As clarity develops one is able to have more control of the physical and mental states, be they flexibility of mind and body, desires, wants, must haves or fears, even anxiety or low mood.

Coming to stillness is the mind through peeling away the layers, stemming the flow of mental activity. The mind gradually dissolves into the higher self, a yogic experience of the state of non duality. The fulfilment of the Upanishadic state of *BEING*.

Begin at the root and grow slowly, grow with patience and persistence. Build strength and power whilst breaking down tension in the body. Through rhythm and focused awareness we free the mind leading to freedom from old habits and ways of being.

Locks By developing awareness of our internal locks we grow stronger and allow the dissolution of tension in the periphery of the body. We free our joints and direct energy to our core and spine. We massage our digestive organs and increase efficiency, we calm the gut allowing better digestion and assimilation of nutrients. We build a strong constitution and healthy immune system. Through movement we increase awareness of ingrained movement patterns, improve coordination and proprioception, releasing stiffness and tension through pranayama - breath work.

Dharma may be seen as life's bigger purpose, unique mission.

It may be seen as ones idiosyncratic qualities of each being, one might say the essence of what makes one meaningfully oneself.

Through self inquiry , allowing ones unique talents, gifts, insights to evolve and emerge in whatever form they emerge. To allow energy to flow into and feel a greater sense of spaciousness and freedom may lead one to their Dharma. It may be that without Dharma life may feel empty or vaguely dissatisfied. This may lead to boredom or feeling restless, seeking solace within food, or alcohol or dissatisfaction in relationships. Invest in yourself, take time to find your Dharma.



Serenity Escape to Goa 2018

14th - 22nd March

Included:

Beautiful beach hut accommodation
Vegetarian, organic delicious brunch and evening meals
Juices and herbal teas
Boat trip to see dolphins surfing in the bay



Accommodation:

Shared room £695
Single Occupancy £895
Not included flights and transfers



A week of tranquility, self compassion with like minded ladies. Sand between the toes, sunset meditation on the beach with restorative yoga and healthy practises.

