

# Serenity Escapes

## SERENITY IN GOA Retreat

15th -22nd March 2018

We are so excited to be offering this Retreat in India, the home of Yoga. "Serenity in Goa" with it's uninterrupted string of golden beaches. The sand shimmers beside the Arabian sea where the only footprints are yours and crabs scuttling away at early morn. Bring your camera to capture the amazing colours and spice of India. The Goan people are hard working with a ready smile, and the food whether a classic vegetarian curry or a piquant Xacuti sauce is a treat for the taste buds. The cultural heritage of gaudy Gothic and Indo-Saracenic buildings are not to be missed or a trip to the stunning Cathedrals of old Goa or a boat trip at your leisure.

To be in this serene setting, on one of the best beaches in Goa, staying in eco huts, being served exquisite vegetarian cuisine, practicing restorative, energising Hatha yoga as the sun rises and sets could not be more perfect. Time to deepen your practice or explore yoga for the first time. It matters not as Susie crafts her classes to accommodate all.



Upon sunrise you will be served a nourishing juice, tea and a tropical fruit salad. For brunch and dinner you can choose from fresh salads and Goan inspired vegetarian buffet. This is all included and if you want, for a small extra charge you can add in fresh sea food or other snacks and smoothies throughout the day.

The food is a delicious combination of vegetarian curries full of fabulous turmeric for reducing inflammation. Allergies will be fully catered for with choices. The food is made with an international clientele in mind and will inspire you for greater healthy eating. The attention to detail is complete, even of the ice cubes are made with filtered water.

## Yoga:

Susie is a fully certified Yoga Alliance teacher who brings her vast range of therapeutic techniques to her teaching. As a Health Psychologist, Nutritionist, Counsellor and Coach she inspires one to healthier lives through Pranayama (breathing exercises), mindfulness, meditation, visualisation, Vinyasa Flow, Hatha, Ashtanga, Yin and Restorative Yoga. She guides her classes intuitively and with compassion.



### A typical day:

07:30 Start the day with fresh fruit salad,  
herbal tea & chai  
08:00 Good Morning Yoga Hatha Flow  
Meditation and Pranayama (breath work)  
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10.30 Brunch in the Sun  
  
11.00 You time to do as you please  
  
15.00 Chai & biscuits  
  
16.30 Restorative practice, meditation, Yin  
and breath work  
  
19.00 Divine vegetarian buffet  
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Seven nights accommodation in beautiful ecological huts with en suite facilities on the beach. Free wireless internet available. Filtered water and teas available throughout the day.



## Investment: 7 nights

shared hut price **£695.00** single occupancy price **£895.00**

**To Book:** contact Susie - [susieok@right2know.co.uk](mailto:susieok@right2know.co.uk) - 07946634274

**Deposit £350 to confirm your space. Balance due date TBC.**

**Not included:**

Flights, Travel insurance, Transfers, Day trips and Boat trips  
Supplemental drinks and food.

Places are limited so please book early to secure your place.

In the event of cancellation by the client the following refund minus the deposit of £350 apply.

**The deposit is non-refundable**

60 days or more prior to the retreat: Your entire payment will be refunded, less £350 which is your deposit.

59-30 days prior to the retreat: Payments are not refundable, but are transferable (less £350 deposit) to a future Serenity Escapes retreat.

29 days or less prior to the retreat: Payments are not refundable.

If payment of either the deposit or the balance is not received by the due date, Serenity Escapes reserves the right to cancel the reservation and retain the deposit.

Unfortunately no transfers are permitted and no refunds can be made for failure to attend or to complete the retreat.

Refunds will be processed after the retreat ends. Our cancellation policy is firm.

