

# YOGA INTENSIVE

## Retreat Goa

Tuesday 11<sup>th</sup> May – Sunday 24<sup>th</sup> May 2020

6-day journey to deepen your yoga practice.  
Physical practice, breath work, meditation and self-development.  
Shala on hillside, surrounded by nature overlooking the ocean.  
Experience true presence while connecting  
with your inner happy self.

## WELCOME

This retreat is for YOU. And only you.

2 x Daily Yoga Classes (morning and afternoon)  
2 x Sacred Fire Ceremonies  
1 x Daily Workshop on chakras, alignment, 8-limbs, yin, and more  
1 x Daily breath and Meditation Session  
1 x Sound Bath Meditation  
1 x Beach Meditation Experience Nature  
Full Accommodation  
All meals included (vegan and vegetarian)  
Daily ocean dips and sunbathing  
Yoga styles in vinyasa, ashtanga, yin and nidra

**PRICES FROM 520 EUR**

**\*\*FROM 480 EUR early bird\*\***

[www.movebodymind.com](http://www.movebodymind.com)

## Intensive Yoga Retreat Info

If you are a yoga practitioner and want to **grow into a deeper practice** of asana (physical practice), pranayama (breath expansion), dharana (concentration) and dhayana (meditation), this retreat will provide a full circle experience for you.

**This retreat is for you.** While having the intensity of a teacher training, this does not revolve around learning how to teach others. Only how to grow into more self-awareness, focusing on your individual journey forward.

This is a standalone combination of intensive training and self-development. Honestly, I believe it can **change your idea about who you are** and bring more freedom and happiness to your life. I will put my whole heart into this experience and retreat journey.

The retreat is **hosted at Sampoorna Yoga School, Agonda Beach, Goa, India.** This is a very special place to me. A very magical place on the hill side surrounded by jungle and wildlife and just 1-minute walk to the beach front.

"If not you who? If not now when?"  
You deserve to prioritize time for yourself in this life.

*The retreat has a limit of maximum 16 people.*

### Accommodation options

Shivalaya Shared Room, 520 EUR

**\*\*OBS early bird price 480 EUR\*\***

Anaya Shared Room, 560 EUR

**\*\*OBS early bird price 520 EUR\*\***

Anaya Private Room, 695 EUR

**\*\*OBS early bird price 655 EUR\*\***

BOOK your spot at [www.movebodymind.com](http://www.movebodymind.com)

**Save 40 EUR by booking at Early Bird Price before March 1st**

**350 EUR non-refundable deposit to hold your space**

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## **What's included in price**

6 days with 40 hours intensive yoga retreat content  
Accommodation for 6 days / 5 nights  
3 delicious vegetarian or vegan meals daily

## **What's not included**

Flight ticket  
Visa to India  
Transfer between Goa Airport and Sampoorna Yoga School

## **The Yoga Shala**

Practicing yoga in the middle of beautiful nature, will allow you to relax and enjoy the sound of birds, while standing free from any external disturbances, noises and visitors.

The shala offer a mesmerizing sea view, are surrounded by coconut, cashew, and palm trees, and are equipped with blocks, straps, blankets, cushions, bolsters, and high- quality mats.

## **Food information**

3 x full meals every day  
2 x tea and snack break every day  
Free tea and filter water available every day – all day

Sampoorna is 100% vegetarian. They will provide you with delicious and nutritious meals following the yogic principles of love and Ahimsa (non-violence).

Our students will always be able to choose from vegan and vegetarian, and traditional and gluten free options.

On day 1 the check in is at 14:00 and only dinner is included.  
On day 6 the check out is at 10:00 and only breakfast is included.

## **Sampoorna Yoga School**

“Knowing others is intelligence. Knowing yourself is true wisdom.”

The Sampoorna Facilities are a place deeply rooted in Indian yogic traditions. The name, ‘Sampoorna’ is a Sanskrit word meaning ‘full’, ‘total’, or ‘absolute’.

Everything, including the location of the school, the shalas, accommodation and communal spaces have been designed to give you the opportunity to learn, collaborate and grow within your yoga practice.

We believe an environment close to nature and set in beautiful surroundings to be the most conducive place to grow. Sampoorna Yoga is a place of happiness, energy and vitality. It is a place of stillness, awareness and personal recreation. We provide a sanctuary for you to be inspired, develop, deepen and walk further along your yoga journey.

### **How to get there**

Goa is easily accessible by plane, train and bus.

Dabolim International Airport (GOI) is the closest airport and is approximately 90 minutes away from Sampoorna by taxi. The taxi fare is approximately 30 EUR each way. GOI Airport is well connected by daily flights from Chennai, Mumbai, New Delhi, Hyderabad, Cochin and Bangalore.

Let me know if you wish for me to arrange a taxi to pick you up from GOI Airport. The price is additional 30 EUR each way. Your driver will bring you straight to Agonda beach and to your designated accommodation at Sampoorna Yoga School.

### **No certification, this practice is for you**

This is an intensive retreat and not a teacher training. There will be no exams and you will not be expected to memorize any of the theory. This is solely for you to learn and grow. You will not be certified and will not receive a certification upon ending the retreat.

This is for you to deepen your practice.

Namaste