



REFRESH 🌿 RENEW 🌱 ↑ REVITALISE

Join principal teacher and founder of Ashtanga Yoga Dubai, Nea Ferrier for a five-day Ashtanga yoga immersion retreat at the stunning SwaSwara Ayurveda Retreat Centre in South India.

Located on the coast of Karnataka in beautiful and remote Gokarna (three hours' drive from Goa airport), SwaSwara is an internationally renowned Ayurvedic retreat centre, with views over the famous Om Beach. Guests will be accommodated in spacious Konkan-style villas (single and double occupancy available) that are set amid acres of unspoilt nature and are only a five-minute walk from the beach.

The program will include Ashtanga yoga classes, yoga philosophy and asana technique workshops, daily meditation sessions, Ayurvedic treatments, nature walks, art and cooking lessons and site-seeing to explore Gokarna village, local temples and farmers markets.

Program

- 5 x nights (single or double occupancy) in Konkan villa
- 5 x morning "Mysore-style" Ashtanga Yoga Classes
- 5 x asana technique/yoga philosophy workshops
- 5 x Evening Sunset Meditation sessions
- 3 x Ayurvedic treatment consultations
- 3 x Ayurvedic massages (1 x 45mins, 2x 60 mins)
- Boat cruise plus site-seeing trip to villages, temples & markets
- Nature & bird walks
- Cooking classes
- Art & Pottery classes
- All meals included; organic sattvic vegetarian (fresh fish is also available)

Daily Schedule

- 7-9am Ashtanga Yoga Mysore-Style Class
- 10am Breakfast
- 11-4pm Free time for pool, beach, Ayurvedic treatments and other activities
- 2:00pm Lunch
- 4:30-6:00pm Asana technique or Yoga Philosophy session
- 6:00-7:00pm Sunset Meditation
- 7:00pm Light Dinner

Price*

AED 5,400 for single occupancy
AED 4,250 for double occupancy

*Includes airport transfers from Goa to Gokarna. Flights are additional and prices start from AED500 one way. Guests are responsible for organising their own flights and India visas.

The cheapest flights depart from Sharjah on Air Arabia. Guests would depart Friday Oct 27 (night), arriving Oct 28 morning. Depart Nov 2 night time, arriving Nov 3 early morning.

Schedule for recommended flights:

Airline: Air Arabia

27th October 2017: Dubai to Goa: 23:30 a.m. – 04:05 a.m.

3rd November 2017: Goa to Dubai: 04:40 a.m. – 06:35 a.m.

Bookings

Email sophia@sugarcaneelephants.com or call 050 105 0125

Payment terms:

50% non-refundable deposit due by July 31st. Balance due by September 15.

About Nea Ferrier

Nea has been travelling extensively in India since 2005 and has lost count of how many trips she has made. She first visited Gokarna in 2006 on her way to study at the Sri K. Pattabhi Jois Ashtanga Yoga Institute (KPJAYI) and is delighted to have the chance to return to this magical spot. She has been teaching Ashtanga Yoga for nine years and has led retreats in Rajasthan, Himachal Pradesh, Sri Lanka, Italy and Zambia. She is an authorised KPJAYI Level II teacher and teaches daily at Ashtanga Yoga Dubai. www.ashtangayogadubai.com

Please find attached in the email the booking form for the retreat.

Warm regards,
Josephine Sophia

