

ASHTANGA & AYURVEDA LIFESTYLE RETREAT

Ashtanga & Ayurveda Retreat by Andrew Hillam 9th - 16th Dec 2017

ITINERARY FOR ASHTANGA YOGA RETREAT

- 10 nights of accommodation in individual Villas, each with private court yard garden, upstairs balcony/meditation area and private outdoor shower
- 3 Ayurvedic vegetarian meals per day
- 1 Ayurvedic evaluation and Prakriti (constitution) evaluation
- 5 full body Abhyanga massages per guest
- Daily morning chanting classes with afternoon philosophy, asana and breathing technique classes
- Half day excursion to the village of Gokarna
- Optional full day excursion to nearby Jog Falls
- Airport pick up/drop off (from Dabolim International Airport in Goa-GOI)