

Sattva

YOGA RETREAT

3N/4D | 15-18 AUG | GOA



Yoga With Vaibhavi

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Welcome to Sattva Yoga Retreat, a sanctuary where you can disconnect from daily stress and reconnect with your inner self. Set in the idyllic landscapes of Goa, where the pristine waters meet lush greenery, our retreat offers a unique chance to rejuvenate your mind, body, and spirit.

Designed for those seeking a break to focus on personal well-being, our retreat includes daily yoga sessions for all levels, guided meditation, and various wellness practices. Enjoy nourishing meals, inspiring workshops, and plenty of free time to relax and explore.

Join us in Goa, for a transformative journey that will leave you refreshed, revitalized, and ready to embrace life with renewed energy. Reserve your spot today to embark on a path to holistic wellness.

CONTACT US

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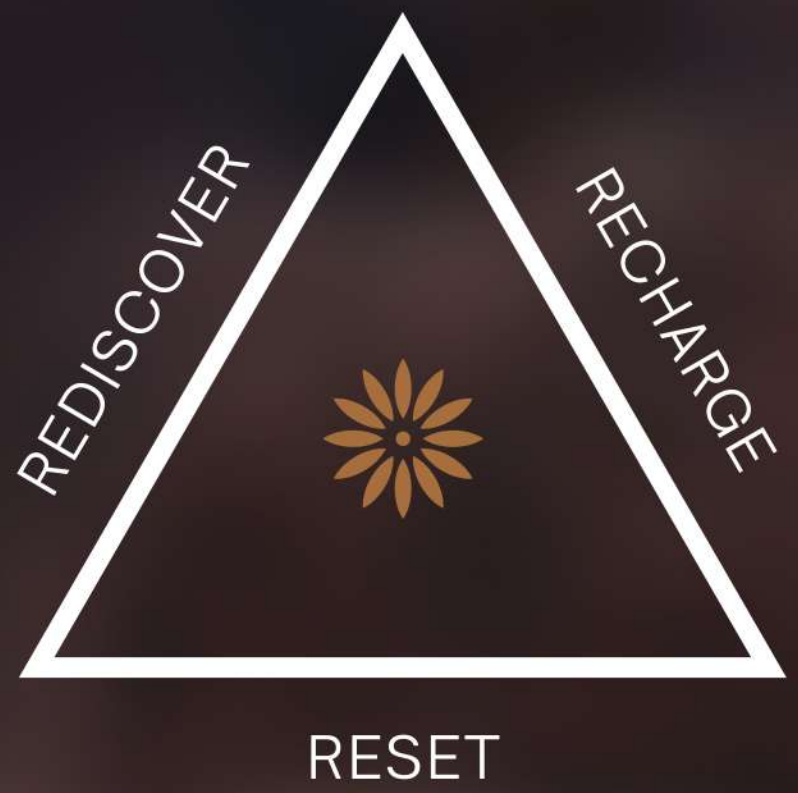
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HIGHLIGHTS

- Sunrise & Sunset Yoga sessions
- Therapeutic ice bath immersion
- Introduction to Intermediate asanas
- Breathing techniques to de-stress & harness the power of breath
- Stargazing meditation & mindfulness
- Creative sessions to foster self-expression
- Journalling & reflection workshop
- Beach yoga & Nature Walks
- Self-care & wellness rituals
- Organic and Nutritious meals





PRICES

Single occupancy
(AC Room)
INR 29,000 + Taxes

Single occupancy
(Non-AC)
INR 27,000 + Taxes

Double occupancy
(AC Room)
INR 25,000 + Taxes

Double occupancy
(Non-AC Room)
INR 23,000 + Taxes

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YOGA RETREAT



Jamboree
Creek 

15-18 AUG | GOA

ACCOMMODATION

In cozy wooden cottages for 3 nights at the beautiful Jamboree Creek. Picturesque outdoor spaces, swimming pool and an in-house vegan cafe. Jamboree creek is located on the banks of Mandrem creek, only 5 minutes walk from the beach. It offers the perfect base to explore the stunning beaches of North Goa and to have a true experience of natural living.



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SCHEDULE

A tentative schedule has been provided below. Detailed schedule for each day will be mailed to you 15 days before the retreat

	Thursday 15/08	Friday 16/08	Saturday 17/08	Sunday 18/08
8 - 10 A.M.	-	Hatha Yoga for Strength & Mobility	Binds & Backbends Heart opening flow	Kriya/Balances & Inversions
		<i>Vaibhavi</i>	<i>Vaibhavi</i>	<i>Vaibhavi</i>
10 - 11 A.M.	-	Breakfast	Breakfast	Breakfast
12 - 1:30 P.M.	Check-in	Pranayama & Breath Meditation	Ice Bath Immersion	Checkout & Closing Session
		<i>Vaibhavi</i>	<i>Ritesh</i>	<i>Vaibhavi</i>
1:30 P.M	Lunch	Lunch	Lunch	-
4:30 - 6:30 P.M.	Opening session/ Yin Yoga	Journalling in nature	Outdoor Session/ Hips & hamstrings	
	<i>Vaibhavi</i>	<i>Guest</i>	<i>Vaibhavi</i>	
6:30 P.M.	Stargazing meditation	Refreshments	Refreshments	

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INCLUSIONS

- Breakfast, lunch and evening refreshments
- Accommodation for 3 nights at Jamboree Creek, Mandrem, Goa
- 2 Yoga sessions (120 mins each) daily
- Workshops with guest teachers
- Ice bath immersion
- Journalling & creative workshops
- Pool access at the property

EXCLUSIONS

- Flight/train fares
- Cab fares to and from the airport
- Additional activities available at the venue like massages, surfing lessons
- Any personal expenses
- Medical expenses if any

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TESTIMONIALS

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Aditi (Bangalore)

It was a beautiful and blissful experience and I recommend everyone to come down for this. My intent was to relax and be more mindful and that is something I achieved through the retreat.



Snehal (Pune)

100% I would totally recommend and feel that everyone would benefit from it. The sessions were thoughtfully curated - pranayama, meditation and beach yoga were very therapeutic. And I want to thank Vaibhavi for being so gentle and accomodating of everyones needs.



Shivani (Mumbai)

Coming to this retreat has been one of the best decisions of my life. It has been an amazing experience. I'm taking back a lot, feeling fulfilled and at peace.




Saanchi (Hyderabad)

Vaibhavi was a great mentor. The retreat was structured so carefully and all supplementing activities were the perfect opportunity for creative expression. I'm taking a lot back from this experience and feeling highly motivated and inspired.

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CONTACT US

 yogawithvaibhavi

www.yogawithvaibhavi.com

 8766970686

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TERMS & CONDITIONS

1. Booking Advance:

50% advance must be paid at the time of booking. The remaining amount must be paid 15 days prior to the retreat.

2. Cancellation Policy:

Cancellations are not refundable at any point in time. Once the booking has been made and the deposit paid, it is understood that you have committed to attending retreat.

3. No Refunds:

We understand that unforeseen circumstances may arise, but unfortunately, we are unable to offer refunds for cancellations, regardless of the reason.

4. Transfer of Booking:

In some cases, we may allow for the transfer of a booking to another individual, provided that we are notified in advance.

5. Contact Us:

If you need to discuss any aspects of the cancellation policy or have specific concerns regarding your booking, please don't hesitate to contact our team for assistance.

6. The schedule is subject to change depending on availability and weather conditions.

7. In case of any health conditions, please consult your doctor before booking the retreat.

8. We accept no responsibility of loss, damage or injury or illness incurred by any participant.

By booking your spot in our yoga retreat, you acknowledge and accept the terms of our cancellation policy. We appreciate your understanding and cooperation in this matter.