

BOOK NOW!

ashtanga.sg@gmail.com

MORJIM BEACH

ASHTANGA RETREAT

WITH LEVEL 2 AUTHORIZED TEACHERS
MARTA & JOHN

21.11.2020 - 28.11.2020

7 DAYS & 8 NIGHTS IN A WELLNESS RETREAT BY THE BEACH

- * Daily Morning Ashtanga Mysore Practice
- * Afternoon Pranayama and Meditation Sessions
- * A variety of evening activities
- * Mindfulness walking sessions on the beach
- * 2 Workshops



INCLUDED IN THE PRICE

- * Accommodation
- * Yoga and Meditation sessions
- * Breakfast and dinner daily. Two days additionally also buffet lunch
- * Airport Pick Up / Drop Off
- * Filtered drinking water & hot drinks day long
- * Full access to resort amenities including two swimming pools, relaxation areas, gardens and private beach access with sun loungers
- * One Ayurvedic Treatment (45mins)
- * Beach fire and rituals



HOW TO BOOK

Email us at ashtanga.sg@gmail.com and make the initial payment of 500 SGD to make your reservation.

The rest of the payment due by September 1st 2020 to guarantee you the room of your choice.



PRICE LIST (SGD)

Standard Room Double Occupancy

1499 SGD (Early Bird)

1600 SGD (Regular)

Standard Room Single Occupancy

1899 SGD (Early Bird)

2000 SGD (Regular)

Cottage Double Occupancy

1999 SGD (Early Bird)

2200 SGD (Regular)

Cottage Single Occupancy

2399 SGD (Early Bird)

2600 SGD (Regular)

Royal Villa

get in touch for more information

*PRICE PER PERSON
(all incl. except flights)

**We are offering a discount for students traveling from India and from the European continent. Contact us for the price list in your currency

***Early Bird until September 1st 2020





STANDARD ROOM

Our Standards all come with a comfortable bed, private bathroom, storage cupboard, fan and air conditioning. Some of our Standards also have a private balcony. Some Standards have twin beds that can be combined together to accommodate a comfortable, double sleeping arrangement & some rooms have a fixed double bed. Please request your preference at time of booking and be aware these requests are subject to availability. You'll find the Standards decorated in a variety of colours.



COTTAGE ROOM

Cottages are situated less than a one minute walk from the sandy Morjim Beach and opposite the beach front Restaurant. Each of the cottages is surrounded by palm trees and the lush tropical greenery.

All Cottages' come with a comfortable bed, private bathroom, storage cupboard, fan, air conditioning and a private balcony. They have twin or king size beds that can accommodate a comfortable, double or twin sleeping arrangement.



ROYAL VILLA

Royal Villa is the pinnacle of opulence, situated opposite the natural salt water swimming pool. With a built-in, plush, king-size bed and sunken bathtub, your stay here will leave you feeling like Rajasthani Royalty.

The Royal Villa comes with an indoor seated relaxation area, a double wardrobe with ample storage space, and a private outdoor seating area with garden greenery.



MEALS

We offer wholesome, healthy and organic food and beverages for all yoga practitioners. Our aim is to compliment a healthy and mindful lifestyle to support your wellness journey, and what better place to do that, than overlooking the Arabian Sea on the beaches of glorious Goa. We are using organic and locally produced goods wherever possible. Menu is designed for minimal food wastage whilst ensuring the produce is fresh and organically grown.

WHAT IS NOT INCLUDED

Flight Tickets : We are happy to help you book your flight tickets along with ours, but please note that the price of the flight is not included in the prices above.

VISA : Please check online at the Indian High Commission or your local Indian Embassy regarding which visa you will need to apply for. All the countries do require a visa for entry into India which is called a Tourist Visa. Some countries are now able to apply for a 30 day visa on arrival which is called an e-Visa.

Please purchase a Travel Insurance to make sure that all unexpected occurrences will be covered by your medical provider.

Travel Insurance : We strongly recommend that all have comprehensive travel insurance for the duration of the trip, so in the unlikely event of an accident or emergency your medical and other expenses are covered.

Also, In case you wish to extend your stay in India, we can help you to book your accommodation at this or another retreat nearby.

ADDITIONAL ATTRACTIONS

- * Pranayama and Meditation Sessions
- * Day trip and excursions such as Dolphin sighting boat trip at sunrise, Friday & Saturday night market visit, Wednesday Anjuna Flea market visit, Old Goa, Spice Farm & waterfall day trip, Paradise Beach visit in the neighboring state of Maharashtra, water sports activities like kite surfing, stand-up paddle boarding and more.
- * Treatment and Therapies in the spa including a range of Ayurvedic Therapies & massages
- * Ayurvedic Health Consultations
- * Henna
- * Indian Cooking Classes
- * Mandala and Rangoli Classes

*All above at an extra cost