

A person is captured in a yoga pose on a beach at sunset. The person is seen from behind, standing in shallow water with one leg raised and bent. The sky is a mix of orange, pink, and purple, and the ocean waves are visible in the background. The person's reflection is clearly visible in the wet sand.

Himalaya Yoga Valley Centre Goa



Y O G A H O L I D A Y R E T R E A T 2 0 2 4

Join us at our Goa Retreat Centre for an unforgettable journey!

We have over a decade of experience bringing people from around the globe to enjoy the magic of India.

Enjoy a tailored trip to **Himalaya Yoga Valley Centre** Goa. Our team will manage airport transfers, food, accommodation, tours and all the small details that can make India seem like a big deal.

We make practicing yoga in India a breeze and we will make sure that you are safe, sound and happy at home with us.

We have brought thousands of yogis from around the world to our beautiful centre in northern Goa on the west coast of India.

This trip of a lifetime will be as much about the magical experience of India as enjoying yoga at the source. All of the activities are completely optional for our guests.

The idea is for guests to deepen their practice in the home of yoga whilst recharging their batteries and having fun in an incredible location by the Arabian Sea.





Yoga Practice

Meditation and Pranayama

Enjoy early morning practise of meditation and Pranayama.

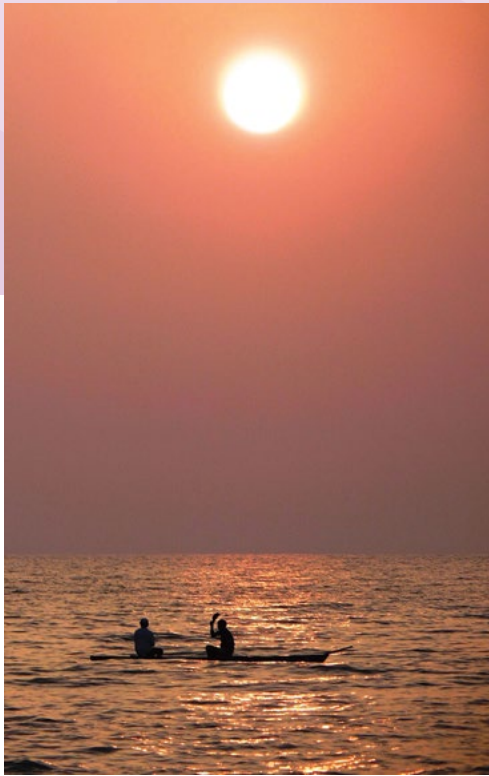
Twice daily yoga

Morning and afternoon yoga in our beautiful yoga shala. Yoga classes are suitable for all levels. Enjoy an advance yoga workshop with Yogacharya Lalit during your retreat.

New or recently started Yoga?

Our friendly and supportive yoga teachers will guide you and build your confidence in your practice with these small group classes. It's up to you which classes you go to and when! It's your time and your holiday!



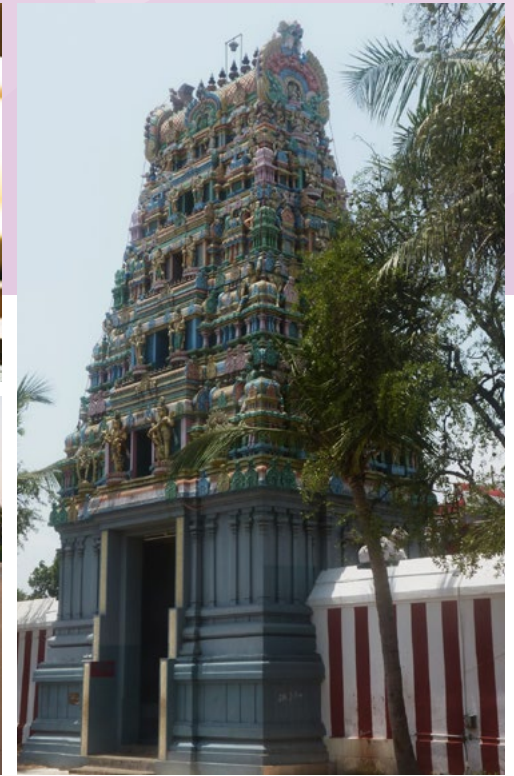


Explore, have fun and relax at your own pace!

There is so much to see and do during your Yoga Retreat. You can explore the local Goan communities and beaches by yourself or you can join in some of the planned activities and trips organised by our staff. Or how about you sit on the nearby beach relaxing with your book and absorb the beautiful sunsets over the Arabian Sea!

Here are some activities to think about:

- Sunrise dolphin trip with local fishermen
- Take surf lessons or hire a surf board
- Try Stand Up Paddle (SUP) boarding lessons or hire your own board
- Enjoy a visit to Tericol Heritage Fort or visit Old Goa, a Heritage City with historic Churches such as Bom Jesus Basilica and Hindu Temples
- Also worth a visit is the Old Quarter in Panjim, with its Portuguese colonial architecture
- Take an educational and fun tour of a traditional Spice Plantation



You will have plenty of time outside your yoga with Lalit to sample some of these yoga holiday treats:

- Visit Asia's biggest night market for jewellery, fashion, Indian art, people watching, food and music
- Famous Anjuna day Market will fulfil all your dream holiday shopping needs
- You won't have to go further than our local Mandrem Beach to fill your day with beach swimming, sunsets, restaurants and shopping in the colourful stalls
- Friday is the local market day in Mapusa town a great photographic experience of the sights, sounds and smells of a traditional Indian market
- During your Retreat we will be visiting some local famous restaurants for relaxation, fun and great food and great evenings out!
- Ayurveda consultations and Treatments at Dr. Rohits AyurClinic – rejuvenate and detox your body while relaxing your mind with traditional Ayurveda massages

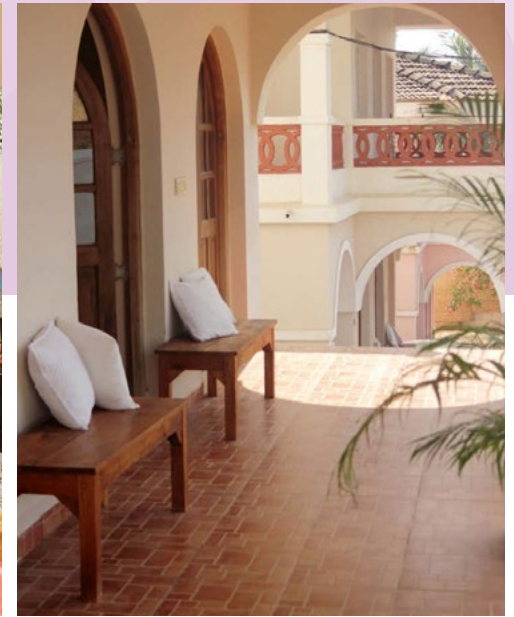


Our Centre



Our Training and Retreat Centre will be your yoga home from home during you Yoga Holiday and we would like you to enjoy every minute of the facilities during your time here.

- Spacious and airy yoga shala complete with yoga props
- Modern 2 story Villas for guest accommodation
- A vegetarian restaurant with a host of delicious, fresh and healthy meals. We use only the freshest of local produce to provide you with a variety of wonderful flavours in Western and Indian cuisine
- Secure gated complex with 24 hour security
- Personal safety lockers
- Free WiFi areas
- Taxi and scooter hire



- Each Villa has four large bedrooms with fan and en-suite hot water bathrooms which are serviced daily
- All Villas are maintained to the highest standards and are immaculate in cleanliness
- Each villa has a sprawling common-use lounge area and sit out balcony



Upcoming Retreat Dates

6th to 15th February 2024

Retreat Price:

€795 for 10 Days / 9 Nights

Price Includes:

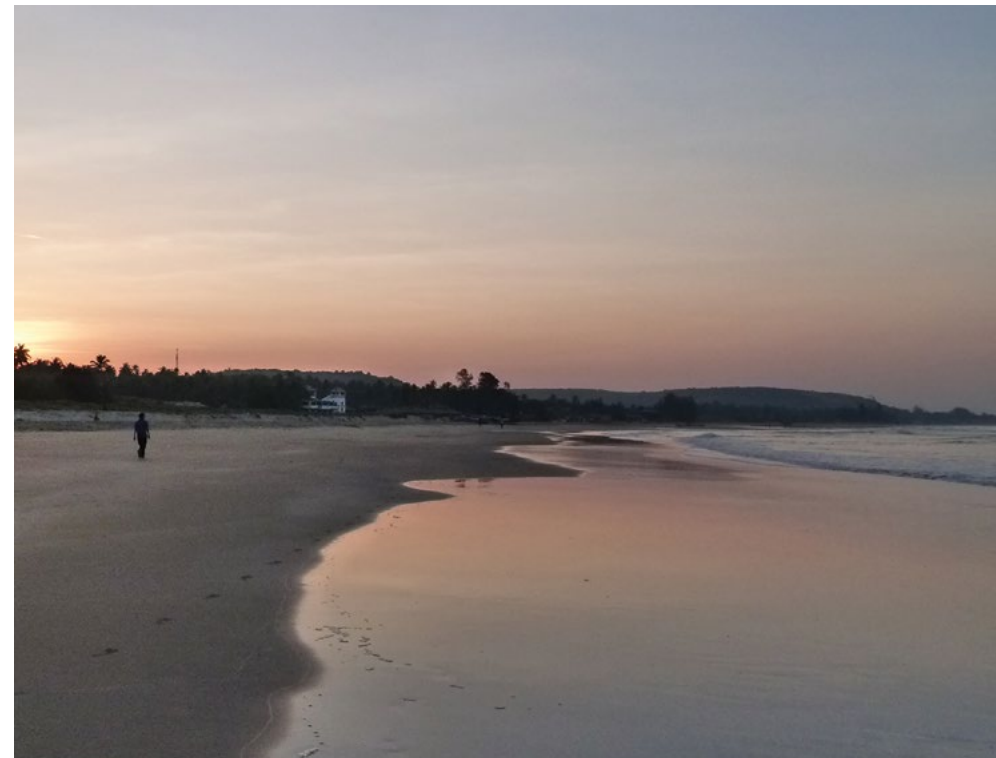
- Airport Pickup (From Goa Airport to our centre)
- 9 nights shared accommodation in our Yoga Villas
- Daily breakfast, and Lunch or Dinner
- Twice Daily Yoga with Lalit and a senior yoga teacher
- Two advanced yoga workshops with Lalit
- Daily Chanting, Meditation & Pranayama
- Return flights to Goa are not included

To book your Yoga Holiday Retreat

Go to yogagoindia.com/yoga-retreat-go and click on "REQUEST TO BOOK"

A deposit will secure your dream Retreat place!

Balance amount is finalised three weeks before you arrive.



Planning your Yoga Holiday Retreat

Himalaya Yoga Valley are proud to say we have almost two decades of experience of bringing international yogis to our Centre in Goa. Based on this experience over the years we are at your disposal and will assist you with anything you need to make getting to Goa easy!

- We will always answer your queries promptly by email or Chat or phone call with one of our experienced team
- We have oodles of pre departure travel planning tips for you
- We will advise on what to bring with you
- We will arrange your Goa airport taxi pick up with our own taxi drivers for 24 hours flight arrival times. The taxi driver will be waiting at Arrivals with your name displayed prominently on a Himalaya Yoga Valley name-board
- We will be ready to roll out our Yoga Holiday welcome yoga mat when you arrive at the Centre!

Contact & Booking



Himalaya Yoga Valley Centre
Mandrem Beach, Junas Wadda,
Pernem, Goa 403527, India

Book online
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Email
himalayanyogavalley@gmail.com



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Cover photo: Dennis Yang