

# GROOVY YOGI™ Retreats : goa, india

February 21 - 28 , 2010

**Release your inner child! Take the old proverb "laughter is the best medicine" to heart and get a healthy dose in this week-long retreat. We will embrace joy and spirit, riding the wave of breath and well-being as we practice yoga in paradise.**

## Sample Daily Schedule\*

February 22-27

8:00 – 10:00am:

Early Morning Meditation & Hatha Practice with Crys

10:00am - 12:00pm:

Brunch and Free Time

12:00 - 4:00:

Massage, R&R, or daily excursions (sailing, etc)

4:00 – 6:00pm:

Vinyasa Yoga with Crys

7:00 – 8:00pm:

Dinner & Satsang

8:30 - 9:30pm:

R&R, Contact Dance

9:30pm - onward

Rest or Night Out in Arambol

\*arrival: February 21, 12pm.

\*departure: February 28, 12:00pm.

## Flight Information

A valid passport and visa are required for travel in India. You can find more information on obtaining a visa from Travisa Outsourcing at: <https://indiavisa.travisaoutsourcing.com/>

Groovy Yogi recommends that you fly into Mumbai or New Delhi airports and take a domestic flight into Goa from there. Please allow at least 4 hours to get through immigration upon arrival at either Mumbai or New Delhi before taking a flight to Goa. We highly recommend Kingfisher Airlines for the journey to Dabolim Airport in Goa.

## Ground Transportation

Transfer by taxi to and from Dabolim airport to Ashiyana Tropical Yoga Retreat Centre are included in the price of the retreat.

## Getting Around Goa

Taxi :: You can hire taxis for single, multiple and return journeys at relatively little expense.

Motorbike :: Many people choose to rent a motorbike or scooter on a daily or weekly basis. Groovy Yogi offers a note of caution to drive carefully and to keep your driving licence and a valid travel insurance policy with you at all times.

## Weather in Goa, India

Lying some 1200km (745 miles) south of the Tropic of Cancer, Goa has a tropical climate characterized by balmy weather for much of the year. The daytime hours in February are usually in the 80's (fahrenheit) and the evenings can be rather cool, in the high 60's. Humidity is around 60%, sometimes higher.

## Clothing

Cotton clothing is generally best for both casual and yoga wear in Goa. You may find it more fun to pack light and shop the vibrant markets in Goa for punjabi pants, tops and dresses.

## Currency

Money changing facilities are available at the airport and the state banks. Some reputed banks have ATMs accepting Visa and Mastercard for cash withdrawals. At publication, US \$1 (one US dollar) could be exchanged for approximately Rs.47 (forty-seven Indian rupees).

## About Ashiyana Tropical Retreat Centre

Ashiyana in Mandrem is one of North Goa's remaining jewels. Enclosed by Mandrem River on one side, the Arabian Sea on the other, you will feel nurtured by nature here. The accommodation is beautiful in its simplicity: wooden or stone built eco-lodges, filled with sunlight and opening onto a balcony complete with a day-bed. All rooms are spacious with en-suite bathroom.

Ashiyana is the on-going realization of the desire to create an eco-friendly, spiritual home. It is a retreat centre that brings guests from all over the world and a group of local staff and foreign helpers who together make up the Ashiyana community.

Address : Ashiyana Tropical Retreat Centre, Junas Waddo, Mandrem Beach, Goa, India

Phone: +91-9850401714

## About Mandrem Beach, Goa, India

Mandrem Beach is one of the less touristy, pristine beaches in the state of Goa. The sheer beauty of the beach, with its covered cabanas and swaying palms, is indescribable. This fishing village has a general store, internet cafes, restaurants and places to rent taxis and scooters. A short walk to Arambol shopping & hangouts.

## About Project Compassion

Project Compassion creates community and provides support for people living with serious illness, caregiving, end of life and grief. Their innovative community support program has been recognized by the Lance Armstrong Foundation & the Nat'l Council on Aging.

## About Crystal Rivers

Crystal's retreats explore yoga in practical yet creative ways. She evokes the spirit and intrinsic joy of yoga for modern practitioners through the integration of movement meditation, yogic philosophy and nature's vitality, spontaneous humor and joy.



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**\*Early Bird Special: Pay 1/2 deposit before Oct 1 for reduced price of \$1150 (excluding airfare)**