

GROOVY YOGI™ Retreats : goa, india

February 21 - 28 , 2010

Beyond the Mat

Spirit & Joy



with **CRYS RIVERS**, E-RYT

trip includes:

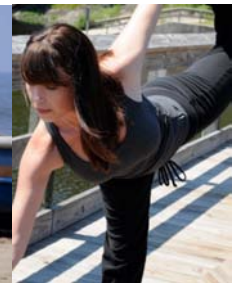
- ☀ sunrise meditation and hatha yoga
- ☀ evening vinyasa yoga & satsang
- ☀ eco-friendly 2-person rooms, en-suite toilet & shower
- ☀ delicious organic, vegetarian breakfast & dinner
- ☀ round-trip taxi between airport and retreat
- ☀ 24-hour security on retreat grounds
- ☀ souvenir silver Groovy Yogi charm

optional activities:

- ☀ ayurvedic massage treatments
- ☀ sunbathing & relaxing by the Arabian Sea
- ☀ visits to Goa's vibrant markets
- ☀ nightlife and shopping in Arambol
- ☀ tour famous churches and temples
- ☀ dolphin boat trip to Paradise Island
- ☀ joyful satsang and contact dance

\$1350. (EXCLUDING AIRFARE)*

Karma yoga offering: 10% of retreat proceeds go to Project Compassion



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