



### ***Soul-feeding Yoga holidays and retreats on the beach...***



### **Bamboo Yoga in *The Guardian* newspaper**

We are overwhelmed with the beauty of Bamboo this season. Everything is serene and calm, and the guests have all been so wonderful.

We have recently had some brilliant press from *The Guardian* newspaper in the UK! Bamboo Yoga has been featured in their pick of the best yoga, mindfulness and fitness breaks for 2018:

"With so much choice in India – the birthplace of yoga – it's hard to know where to start. Bamboo Yoga, at the southern end of Patnem beach in Goa, is a true find...[read more](#).

Bamboo is also featured [as one of India's top 10 yoga retreats for 2017](#) in Conde Naste Traveller Magazine.

### **Bamboo Goes Greece!**



The summer of 2018 is particularly exciting for us as we are launching the first of many 'Pop up' retreats in Europe. The first takes place from May 19th-26th, in Antiparos, Greece.

Our manager Susanne, who many of you know, has been living on Antiparos for many years over the summers and will be your personal host. She has booked the most perfect location for the retreat to run on this quiet island.

Your yoga teacher Jennie Wadsten will lead the retreat. We are offering a discount of 90 euros to all our old lovely Guests who make a booking prior to 20 March 2018, so reserve your place now to avoid disappointment!!

[More info](#)



Jennie Wadsten fell in love with yoga in 1997 and has been teaching since 2005. Following her fascination for yoga, she has completed several teacher trainings and workshops of different styles and approaches over the years, including: Anusara yoga, Ashtanga Vinyasa Yoga, Virya yoga, Vinyasa flow, Yin yoga, Meditation, Pranayama, Ayurvedic yoga massage, Nutrition and Anatomy.

Today, Jennies main teaching influences are Julie Martin, Josephine Selander and Josefin Wikström. Over the years, her love of yoga has led her to in-depth studies with John Friend, Paul Grilley, Pattabhi Jois and his daughter, Saraswati (amongst others).

For Jennie, teaching is about helping others to cultivate breath, awareness, strength and joy, and then taking these qualities into everyday life, away from the yoga mat. Her teaching style is warm, enthusiastic and encouraging, and contains an extensive knowledge of biomechanics (how to make yoga safe, enjoyable, and energizing). Jennie is E-RYT 500 (Experienced Yoga Teacher by Yoga Alliance, USA) and YACEP (Yoga Alliance Continuing Education Provider), and she is involved in teacher training programs and workshops worldwide.

Jennie runs retreats every year at Bamboo Yoga Retreat Goa which always sell out very quickly, so please secure this one quickly in order to not miss out on this retreat!! Classes will be taught in English.

The second retreat will run in September 2018 with Jenn Russell our fabulous residential teacher (more info to follow soon).

## Bamboo Loyalty system

We are setting up a **Bamboo loyalty system** as we have so many lovely guests that return year after year, so if this is you or if you have visited Bamboo before please send us an email to [info@bamboo-yoga-retreat.com](mailto:info@bamboo-yoga-retreat.com) and we will give you a personal code for you to use every time you book with us. This will entitle you to a **8% discount** on all your Yoga Holidays at Bamboo. Please use the code at the time of booking. We are open this season until 30th April, so there is still time to book!



There are so many different types and names for Yoga classes these days that it's hard for a novice Yogi to know where to start. We design our Yoga holidays at Bamboo to offer a mixture of classes so that you get to



experience different forms of yoga and different teaching styles.



Vinyasa yoga is which is quickly becoming one of the most popular styles among yogis of all experience levels and here are the reasons why. Vinyasa flow refers to the way this style keeps you moving from asana to asana, linking each pose to an inhale and an exhale. The flow of the class is kept fluid with the breath and is unlike Ashtanga much more creative and fun. These classes always offer something new which can help you stay present during the class if you have a busy mind.



Vinyasa has a lot in common with Ashtanga yoga, which also links continuous sequence through the breath. But while Ashtanga uses a fixed series sequences of asanas that you work through in the same fixed format in every class, Vinyasa is a lot more flexible. This style incorporates elements from all schools of yoga, so even if you've mastered those Iyengar standing poses, you'll find yourself in a new space with this wonderful practice, and it's really fun too.



Our residential teachers at bamboo are experienced to teach all levels of yoga and will tune into your practice to help your development whether you are new to yoga or have been practicing for a long time. When we practice vinyasa or dynamic yoga in the morning the body and mind become strong and we are then able to relax into the perfect sunbed day or if you muscles are a bit tight then book a massage...



We have just hosted the Dina Cohens Dynamic new year retreat from London, a lovely group of 17 yogis. Our yoga holidays guests continuously inspire us with their open hearts and friendships formed here at Bamboo.

[Make a Booking](#)



### Juice of the Day.....Energiser

Wheatgrass, beetroot, carrot, apple, flaxseed oil  
Blended in the juicer with some ice...



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