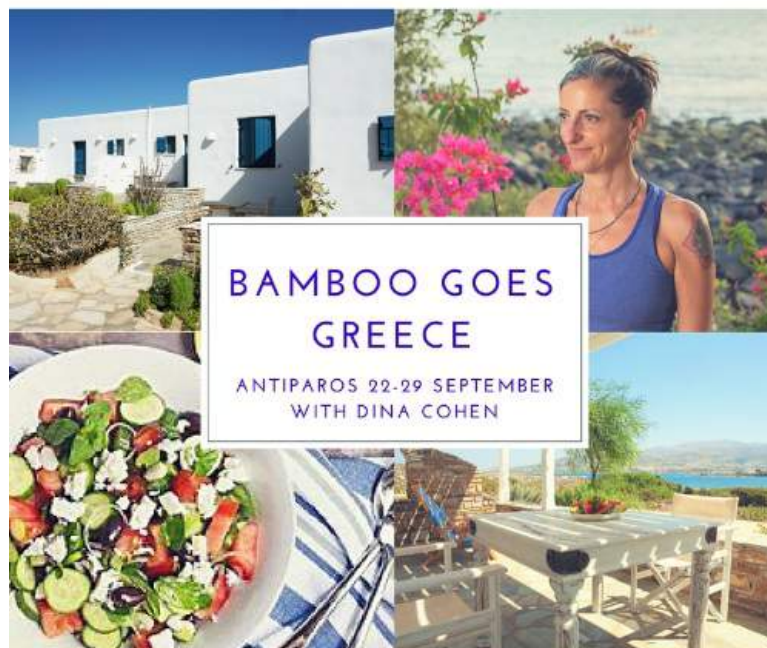


Love and News from Bamboo August 2018

**[Voted the Best Yoga, Mindfulness and
Fitness Breaks for 2018 by
The Guardian Newspaper](#)**

**[Bamboo Goes Greece!](#)
[Antiparos, 22-29 September 2018](#)
*Still a few spaces left!***



If you're thinking of a late summer break, there are still spaces left on our September 'pop-up' yoga retreat on the beautiful Greek island of Antiparos.

Nourish and Flourish with Yoga and Mindfulness: An Equinox Toolbox for the Change of Seasons

Antiparos, Greece, 22-29 September 2018 (8 days)

Join our yoga teacher Dina Cohen for a week of Yoga and Mindfulness - a week to nourish and replenish, soaking up the best of the late summer rays to sustain us through the change of seasons!

Dina Cohen is a very special teacher who has been running very popular retreats with Bamboo every January in Goa for over 8 years. Her retreats are always very popular, so be sure not to miss out on this one!!

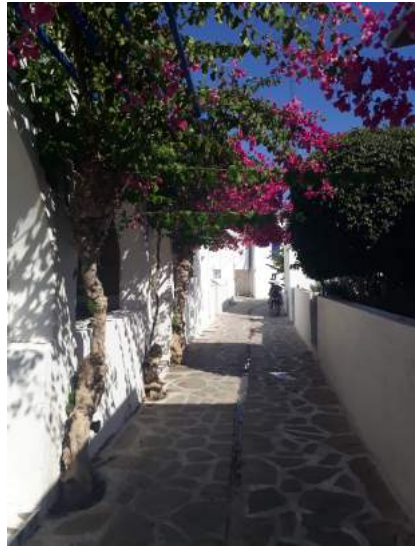
We are offering a discount of €90 if you book before 31 August 2018, so reserve your place now to avoid disappointment!! Click on the more info button below for more details of how to book your place.

MORE INFO

Here are some pictures from our first Bamboo Goes Greece retreat, held at the same venue in May 2018. The retreat was unanimously deemed a great success, and the venue achieved a rating of 10/10 from all our guests, in all aspects! You can see posts and other pictures from the retreat on our [Bamboo Facebook page](#)!









JOIN US AT BAMBOO NEXT SEASON FOR A YOGA HOLIDAY, A YOGA RETREAT OR TEACHER TRAINING!



We are open now for Yoga Holiday bookings for the next season which will run from 20 October 2018 to mid-May 2019!

As an early season special, we're offering a 10% discount on all yoga holidays for 5 days or longer from 20-31 October 2018 (please quote code Octbmo2 at time of booking). The start of season is a perfect time to visit

Goa if you're seeking some chilled relaxation and beachtime ahead of the autumn and winter months. Flights to India are cheap at this time of the year, temperatures are gorgeous and the beaches are beautifully quiet.



Bamboo Vinyasa Yoga Teacher Training

Vinyasa Yoga Teacher Training - 200hr Hatha

with Carol Murphy

24 November - 19 December 2018

(26 days)

We are delighted to welcome back to Bamboo later this year Carol Murphy, who once again will be running our 26-day Vinyasa Yoga teacher training programme from 24 November - 19 December 2018. There is an early bird discount of €175 (€125 for shared occupancy) if you book your place before 20 August 2018!

Click on the link above for further details.



Bamboo Yoga Retreats in 2018-19



We have a number of Yoga retreats already booked in for 2018-19. Further information on each retreat is available below and via the [Bamboo webpages](#).

Vinyasa Soul

with Jenn Russell

19 - 26 November 2018 (8 days)

Forrest & Restorative Yoga Retreat

with Craig Norris & Ellie Di Martino

1-8 December 2018 (8 days)

Yoga and Mindfulness - A New Year's Resolution

with Dina Cohen

4-13 January 2019 (10 days)

A Yoga Holiday of a Lifetime

with Regina Kerschbaumer

13-20 January 2019 (8 days)

Dynamic Deep Yoga Immersion

with Jeff Phenix

9-16 February 2019 (8 days)

Surrender

with Lisa Messina

18-24 February 2019 (7 days)

Let It Flow

with Jenn Russell

7-14 March 2019 (8 days)



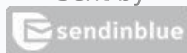
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