



## Love and News from Bamboo March/April 2018



We're moving into our final month of the season here at Bamboo Yoga, and what an amazing time it's been with so many wonderful guests, new and old.

A massive heartfelt thanks to everyone, guests and staff, who has been involved in making this season so much fun. Our yoga holiday guests continuously inspire us with their open hearts and the friendships formed here at Bamboo!



Patnem Beach is particularly magical at this time of the year, and the soaring April temperatures give rise to perfect conditions for some spectacular 'touch-down' sunsets.



The rising heat and humidity of the late season naturally has an impact on our daily yoga practice. The hotter temperatures give rise to increased levels of pitta dosha in the body, so increased sweating and perspiration aids the body's detoxification process by helping to flush toxins from the skin. Heat also increases the heart rate, which makes the body work harder and leads to a deeper and more intense practice for developing strength, flexibility and tone. Working in heat also helps to relax the body, allowing you to go deeper into the asanas, improves breathing (which can help with conditions like asthma) and focuses the mind, which helps to develop better mental concentration.



The key to enjoying yoga in the heat is to keep well-hydrated by drinking litres of water throughout the day. Eating cooling foods can also help to regulate the body's temperature, and a deep lymphatic massage will also help by assisting with the detoxification process.

Here at Bamboo our food, is all about flexibility and balance. Our restaurant focuses on seasonal and locally sourced food. As we move into the end-of-season months, cashew nuts are now in abundance, and mangos and jackfruit are coming into bearing - and this is reflected in our menu which changes daily and which currently includes dishes such as mango tofu and cashew salad, rich in vitamins B, C, D and E.



**30% discount on all April yoga holidays at**

## Bamboo!

While April is traditionally our quietest month here at Bamboo, there is much to recommend a yoga holiday at this time of the season. With fewer guests, now is a much less busy time, and the relative quiescence together with the hotter temperatures of March and April lends itself to a deeper, more contemplative daily practice, especially given the smaller class sizes and the opportunity that this provides for more one-to-one instruction and guidance from our yoga teachers.

Flights to India in March and April are also much cheaper than at other peak times of the season, and the rising temperatures mean that the sea temperature is invitingly balmy for taking a refreshing dip in between your practice.

As an **end-of-season special**, we are offering a **30% discount on all yoga holidays taking place from 1-28 April 2018\***. To take advantage of this offer, please quote the voucher code **YHAprilBO21** at the time of booking. Click on the Yoga Holidays banner below for further information and details of how to book!



We are also 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! This offer is not be used in conjunction with any other offers.

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## Bamboo Goes Greece!

As part of our new vision to expand our activities beyond our spiritual home in South Goa, Bamboo Yoga is excited to announce that we are launching the second of our new summer 'pop-up' yoga retreats on the beautiful Greek island of Antiparos, to take place from 22-29 September 2018!!

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.

Further details of this retreat are below.

There are also places left on our May 2018 Antiparos retreat, to be led by Jennie Wadsten at the same venue from 19-26th May 2018 - but hurry, as the retreat is filling up fast! Click on the flyer below for further information and details of how to book.



### **A Journey Through the Chakras with Jennie Wadsten**

**Antiparos, Greece, Saturday 19th-Saturday 26th May 2018 (8 days).**

Join Yoga teacher Jennie Wadsten for a week of Yoga and Meditation amidst the tranquillity of this off-the-beaten-track island paradise. Through your daily practice, you'll systematically open the body from the ground up, learning about the ancient science of the chakras and how they relate to our physical and emotional health.



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

**Antiparos, Greece, Saturday 22nd - 29th 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.

**We are offering a discount of 90 euros to all former guests of Bamboo who make a booking prior to 15 May 2018, so reserve your**

place now to avoid disappointment!!

MORE INFO

## Bamboo Vinyasa Yoga Teacher Training

### [Vinyasa Yoga Teacher Training - 200hr Hatha](#)

[with Carol Murphy and Dan Morgan](#)

[24 November - 19 December 2018](#)

[\(26 days\)](#)

We are delighted to welcome back to Bamboo later this year Carol Murphy and Dan Morgan, who once again will be running our 26-day Vinyasa Yoga teacher training programme, from 24 November - 19 December 2018.



## Bamboo Yoga Retreats



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

### **Vinyasa Soul**

with Jenn Russell

19 - 25 November 2018 (8 days)

### **Yoga and Mindfulness - A New Year's Resolution**

with Dina Cohen

4-13 January 2019 (10 days)

### **The Yoga Holiday of a Lifetime**

with Regina Kerschbaumer

13-19 January 2019 (7 days)

### **Dynamic Deep Yoga Immersion**

with Jeff Phenix  
9-15 February 2019 (7 days)

**Surrender**

with Lisa Messina  
17-23 February 2019 (7 days)

**Let It Flow**

with Jenn Russell  
7-14 March 2019 (8 days)

If you would like to discuss booking your own retreat, then please contact [info@bamboo-yoga-retreat.com](mailto:info@bamboo-yoga-retreat.com).



**Juice of the Day.....Refresher**

Fresh sweet pineapple and mint, blended in the juicer with some ice!



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