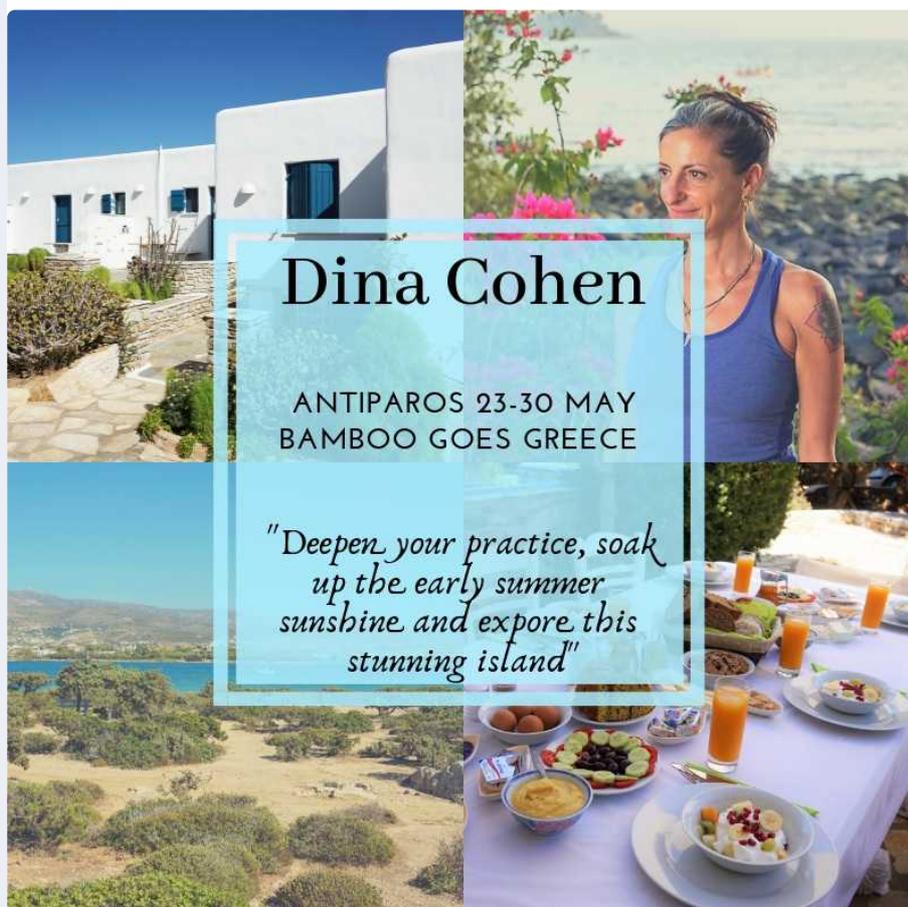


BAMBOO GREECE YOGA HOLIDAYS SUMMER 2019

Start your summer off serenely by joining us on the heavenly Aegean island of Antiparos for our May pop-up yoga holiday with Dina Cohen!

We're offering a discount of 50€ to all our Bamboo guests who book their place during February*. Click on the flyer below for further details.

**any other Bamboo discount offers are not applicable to this booking*



A week of strengthening and stretching the body with Dynamic Flow Vinyasa Yoga; sinking into deep relaxation with Yin, Restorative and Yoga Nidra; and letting go of unhelpful habits whilst opening up to fresh ideas through nourishing breathing, Qi Gong and Mindfulness practices. All delivered in a step-by-step format, suitable for beginners as well as more experienced practitioners.

Dina Cohen is a very special teacher who has been running very popular retreats with us in South Goa every January for over 8 years. Her retreats always get booked up very quickly, so don't miss out on

this one!!

BOOK YOUR PLACE NOW!



There will be plenty of free time too to soak up the sunshine, explore the island and make new friends or to take some quiet time out for yourselves.

As with all our Bamboo yoga holidays, it's a chance to develop your practice whilst being in a safe, supported space with like-minded people. This week will leave you feeling relaxed and rejuvenated!



What's included?

- Seven nights' accommodation (single, double or triple occupancy)
- Morning meditation and pranayama
- 13 yoga classes, including mindfulness meditation practice

- Early morning breakfast (teas, fresh juice and fruits)
- After morning yoga, a delicious buffet-style substantial brunch
 - Afternoon tea and snacks
- Arrival Dinner and Leaving Dinner at the retreat centre
 - An early-morning Boat Trip (weather depending)
- Loan of a push-bike for the week to explore the local area



"Such a great venue and so well organised."

"A really lovely week, I had a great time, brilliant classes and a really nice group. I felt very refreshed on my return."





Or if you're unable to join us in May, check out our other Bamboo Goes Greece pop-up yoga holidays taking place this summer!



BAMBOO GOES GREECE 2019

Dina Cohen 23/5 - 30/5
Myria Zanetti 14/9 - 21/9
Jeff Phenix 22/9 - 29/9
Jenn Russell 28/9 - 5/10
Christina Grossi 30/9 - 6/10



Banish the Winter Blues and join us for a rejuvenating Yoga Holiday here at Bamboo Yoga in South Goa!

Relaxation and inspiration await you on a sunny tropical beach.



We'd love for you to join us here! So come and get inspired with us in our little corner of paradise on the beach in South Goa, where sunshine, shala-time, serenity and spectacular sunsets are guaranteed!



Our [new automated system for booking Yoga Holidays at Bamboo](#) means that you can now check availability for your yoga holiday, choose your dates and your preferred bungalow and book it all online.

See more information about our Yoga Holidays and book a Yoga Holiday with us!

We are also excited to announce that all our guests are now able to enjoy hot showers after a yoga session in the Shala or a dip in the Arabian Sea!



Here's what some of our recent guests have said:

"Whilst travelling around Goa, I visited this little gem. There is nothing better for getting the feel of a country than through palm walls. The sounds, smells and cute little wildlife give it a back to nature feel. The beds are really comfortable in the palm walled bedrooms with blankets for the chillier mornings. Mosquito nets are over every bed and ear plugs are there if needed. Personally I loved the sound of the world waking up around me so I didn't use mine. The en-suite open air bathroom has hot running water, towels, sarong and soap are provided.

The food was delicious, freshly made every meal time. WiFi is great. The retreat is quiet and peaceful so they respectfully ask for no noise after 10pm.

The beach is beautiful with bars and restaurants for all to enjoy. Jenn's yoga sessions were well planned catering for the novices and pros.

Thank you to the Bamboo team for making this a highlight of our trip."



"Fantastic setting at the end of the beach. Amazing wifi and we were able to stay in a beach front room with hammock on our veranda and watch the sunsets every evening. The yoga was great - with lovely teachers ensuring that all levels were catered for. The brunch was delicious with fresh fruits yogurt as well as rice, salads and curries. Afternoon tea involved homemade cakes, fruit and tea. The fresh juices were delicious. Thank you to all of the staff who couldn't do enough for you - we will be back."



*"One week was not enough. Amazing experience from start to finish.
Will be coming back as soon as physically possible."*



*"I spent 4 days at Bamboo and had an amazing time. The location is
incredibly beautiful, the yoga is very good, the food is great. Excellent
atmosphere for solo travellers, only nice people around."*



Bamboo Yoga Retreat Goa
Patnem Beach
info@bamboo-yoga-retreat.com
[00918381047343](tel:00918381047343)



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