



HAPPY HOLI FROM BAMBOO!



The Festival of Colours is fast approaching again here at Bamboo!

Holi - which celebrates the end of Winter, the arrival of Spring and the victory of good over evil - is for many a festive day to meet others, play and laugh, forget and forgive, and repair broken relationships.

Holi falls on 21 March this year, which coincides with the Vernal Equinox. So if you feel like throwing off the shackles of winter and embracing the Spring in colour and style, **why not join us for a rejuvenating [Yoga Holiday](#) here at Bamboo Yoga in South Goa**, where sunshine, serenity, shala-time and sunsets are guaranteed!



As a Holi special offer, **we're offering a 20% discount on all yoga holidays booked for 3 nights or longer for the month of April 2019** (please quote code HolApr19 at time of booking)!

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

See more information and book a Yoga Holiday with us!



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

"Just finished 3 days / 2 nights at Bamboo Huts and it was wonderful. From top to bottom, the accommodations, staff, food, yoga, beach, location, everything, really just an A+ experience..."

...At the end of the day, if you're looking for a relaxing, fun, beautiful place to practice yoga or even just chill, this is your spot. Can't stress enough how nice the entire staff was and how wonderful the food was throughout. Thank you and hope to be back soon!"



"This was our first yoga holiday and we certainly picked the very best. Bamboo is at one end of Patnem beach, an idyllic spot. The huts are beautiful, very clean and well equipped. The beach and sea are gorgeous, and the resort offers absolutely delicious veggie food, a lovely area to chill out or sun beds on the beach. We did yoga twice a day in beautiful shala's overlooking the sea. We were able to totally switch off and relax. A perfect week."



Bamboo Yoga Stops Traffick!

Bamboo was proud to be a part of this year's Yoga Stops Traffick, an annual worldwide yoga event to raise awareness and much-needed funds to support the survivors of human trafficking.

To show our support and solidarity for this worthy cause, guests joined us for 108 sun salutations. The number 108 has long been considered a sacred number in Hinduism and yoga.

You can watch our last 3 Surya Namaskar [here](#).



**Join us this summer on the heavenly
Aegean island of Antiparos for one of
our
Greek pop-up yoga holidays!**



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

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."

BOOK YOUR PLACE NOW!



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