

Relax & Explore

8 day Yoga Retreat in Goa & New Delhi

18. - 26. February 2020

Retreat Program:

18.02. Arrive in Delhi and transfer directly to Goa.
Transfer from airport to Ashvem Beach.
Check-in at Yab Yum, at leisure for the rest of the day, welcome dinner at a nearby restaurant

19. - 24.02.
Morning yoga and meditation
Breakfast and free time
Sunset yoga
Free time / Dinner

24.02. Morning yoga / retreat closing
Breakfast and leisure
Departure from Goa to Delhi
Check-in at 5 star hotel Delhi
Leisure time
Dinner at hotel / restaurant

25.02. Day trip in Delhi to explore some of the ancient sites and markets

26.02. Breakfast
Airport Transfer to Delhi Airport
Depart Delhi

Yoga program:

On this retreat we will explore the various aspects and precepts of yoga, meditation, pranayama (breathing techniques) and chakras (7 energy centers in the body) with a combination of Yin Yoga and Slow Flow Vinyasa. The yoga classes are suitable for all.

Yab Yum Resort is fully equipped with yoga mats, bolsters, blocks etc.

About Goa and Yab Yum:

Yab Yum is a unique resort. It is set in a lush garden and many of the rooms resemble space-age domes, especially designed and made of local materials such as palm leaves, grass and mango wood. Since the resort is located in a jungle garden, you might be visited by the local wildlife, such as frogs in the bathroom, or squirrels on the roof! The resort is located right on Ashvem Beach, a very long and wide beach on the Arabian Sea. The ocean here is delightful, and occasionally dolphins swim by. What could be better than relaxing on a sun lounger or taking a dip in the tempting sea. There are many excellent and affordable restaurants in the area and my plan is to introduce you to some of them. North Goa is the famous "hippy" area of Goa and there are several markets where you can people watch and perhaps shop for funky clothes, shoes, bags and lots of fun gifts and trinkets.

About Delhi

Delhi is India's capital - it has a very long history, and since the 12th century has been an important political centre for India throughout several empires. Delhi is one of the oldest inhabited cities in the world and with a population of 25 million, it is the second largest city in the world. In this hectic city, ancient and modern buildings stand side by side, and it is the combination of ancient and modern cultures that, without a doubt, will leave an impression on even the most hardened traveller!

Vaccinations:

Tetanus, typhoid, hepatitis A and Polio are highly recommended. It is also recommended to take anti-malaria medication. You should also seek medical advice from your local health practitioner and ensure that you receive all the relevant vaccinations..

For useful info, go to:

[Yab Yum Resort, Goa](#)

[India Travel Tips](#)