



Day 1: Arrival and Opening Ceremony

- Arrive and settle into the hotel, where comfort and tranquility will help rejuvenate after the journey.
- Free time on the beach to enjoy the sea breeze and warm sun.
- An evening opening ceremony where each participant can meet others and tune in for the upcoming days filled with practices and discoveries.
- Dinner by choice – a perfect opportunity for those who wish to enjoy the local cuisine by the sea in a romantic and serene setting (not included in the tour price).

Day 2: Yoga, Relaxation, and Meditation

- Morning yoga and pranayama on the beach to greet the new day with a clear mind and invigorating breath.
- Breakfast with a view of the sea, offering a variety of fresh and nutritious dishes.
- Meditation for deep relaxation and restoring internal balance.
- Lunch consists of fruits and smoothies, maintaining lightness and energy in the body.
- Evening yoga at sunset, soothing and inspiring, will bring a sense of complete harmony with nature.
- Optional dinner on the beach by candlelight adds a mesmerizing atmosphere to the evening (not included in the tour price).

Day 3: Sea Adventures and Evening Ritual

- Start the day in this Yoga Retreat in Goa with morning yoga and pranayama on the beach, setting the tone for a day full of discoveries and impressions.
- Breakfast offers a wide selection of dishes that will energize you for upcoming adventures.
- Enjoy a boat ride – watching dolphins and visiting Chererah Island and Butterfly Beach, where you can revel in the beauty of nature.
- Lunch consisting of fresh fruits, smoothies, and juices, maintaining lightness and freshness.

Day 4: Exploring Cultural and Natural Beauties

- Morning yoga and pranayama greet the dawn, preparing you for new adventures.
- After breakfast, proceed on a trip to Cabo de Rama Fort and its surroundings. Visiting the beach and beautiful kayaking spots promises a fulfilling day.
- Lunch by choice: a snack provided by the tour organizers to sustain energy throughout the day.
- Evening dinner at the “Black Crab” restaurant, where you can try local delicacies and enjoy the atmosphere.
- Return to the hotel late at night and retire, concluding a day full of impressions.
- An evening women’s circle on the beach at sunset, including bracelet weaving and a photoshoot to foster self-acceptance. Meanwhile, men can enjoy meditation with Rohit.
- Time for swimming and relaxation before dinner.
- Dinner by choice, where everyone can choose the perfect spot to enjoy the evening.

Day 5: Rest and Exploration of Palolem

- Start your morning with refreshing yoga and pranayama on the ocean shore, greeting the new day with clarity and harmony.
- After an invigorating breakfast, we will embark on an exploration of picturesque Palolem. We’ll walk on the soft sand, visit cozy cafes, and find treasures at the local market.
- After lunch, enjoy the peace and beauty of Agonda Beach, perfect for shopping and relaxing under the gentle rays of the sun.
- We will conclude the day with a meditation at sunset, allowing the golden rays of the sun to fill us with tranquility and inspiration.
- Dinner by choice will give you the opportunity to try local delicacies and enjoy the evening atmosphere by the sea before returning to the hotel for a night’s rest.

Day 6: Adventure in the Netravali Wildlife Sanctuary

- In the morning, after inspiring yoga and pranayama, fortify yourself with a delicious breakfast before a busy day.
- A journey to the Netravali Wildlife Sanctuary promises to be thrilling – trekking to the Mainapi waterfall will reveal magnificent views and secluded corners of nature.
- Enjoy a light snack provided by the organizers to maintain your energy during the explorations.

- Returning to the hotel late in the evening after a day filled with natural wonders and new experiences will conclude with dinner of your choice, where you can reflect on and share your experiences of this magical day.

Day 8: Aromas and Flavors of India

- Morning yoga and pranayama will prepare you for a day full of new impressions and discoveries.
- A delicious breakfast will set you up for an active and insightful day.
- Embark on an exciting excursion to the Sahakari Spice Plantation, where you will learn about local methods of cultivating and processing spices, and also taste the fresh aromas that can only be imagined.
- After lunch, which you can choose at your discretion, return to the hotel, enjoying the journey back filled with new knowledge and impressions.
- Dinner by choice will be a wonderful conclusion to the day, allowing you to enjoy the culinary achievements of the local cuisine in a relaxing atmosphere.

Day 9: Spiritual Immersion and Evening Tranquility

- The day begins on this Yoga Retreat in Goa with a nourishing breakfast, after which you will visit the majestic Shri Mallikarjuna Temple in Canacona. This ancient temple, dedicated to Shiva, is nestled among the heights and lush vegetation, creating an aura of mysticism and inspiration.
- Immerse yourself in an atmosphere of sanctity and peace, enjoying the beauty and tranquility of this place, where every stone and every tree seems infused with history and faith.
- In the evening, after returning to the hotel, you will have a session of yoga nidra, perfectly suited for deep relaxation and meditative restoration.
- Treat yourself to moments of bliss with a full-body massage that not only relaxes tense muscles but also improves your overall well-being and mood.
- Conclude the day with a dinner of your choice, where you can reflect on the emotions and impressions experienced today.

Day 10: Freedom of Movement and Joy of Communication

- The morning greets you with a session of yoga and pranayama on the shore, filling you with energy and freshness.
- A breakfast full of vibrant flavors prepares you for a day filled with freedom and opportunities for personal time.
- Use the free time to relax on the beach, read a book under the palms, or simply enjoy moments of solitude.
- Ecstatic dance at sunset by the sea will be the highlight of your day. This dance is a freedom of expression and communication, where each movement reflects the joy and mood of the participants, immersing in an atmosphere of unity and understanding.
- The end of the day is the perfect time for reflection or a solitary dinner, summing up an incredibly emotional and liberating day.

Day 11: Farewell and New Beginnings

- Your last day on this Yoga Retreat in Goa begins with dawn yoga and pranayama on the shore, allowing you one last breath of tranquil air as you prepare for your journey home.
- Breakfast will be filled with farewell smiles and the exchange of contacts with new friends with whom you've shared this unforgettable experience.
- After breakfast, you will check out of the hotel. Each step towards the airport is a reminder of the path you've traveled and the moments of joy and self-discovery.
- This day marks the beginning of a new path in your life, enriched with deep impressions and the strength found in the practices of yoga and self-knowledge. Though the journey concludes, the path to your true self is just beginning.
- The transfer to the airport will be a time for reflection and gratitude for all the experiences and lessons learned during the tour.