



yogalife

india retreat

11th - 20th november 2021

Fitness • Yoga • Detox

For more information please visit our website yogalifeuk.com/retreats

Yogalife 2020 retreats wouldn't be complete without taking you on a magical trip to India; the very birthplace of yoga.

Come join us in this very special part of the world, on a voyage of self-discovery, a pilgrimage if you will, to the beautiful sands of south Goa.

Here you will find a little-known beach resort right on the ocean front. The venue boasts bamboo bungalows that are handmade each year after the rainy season has passed, which makes for a very unique "be one with nature" stay. Each bungalow is equipped with private open bathroom, porch and with each porch comes it's own hammock, where you can soak up the sun and watch the world go by.

We will have full exclusive use of a sea view Shala to practice yoga and journey through the 8 limbs. For those of you not familiar with the 8 limbs, imagine that these are a blueprint or manual of how to improve well-being and live your BEST life. Yoga postures (asana) and breath (pranayama) are only two of the limbs, Yogalife will thoroughly guide you through each section. All you need to do is completely let go and submerge yourself in this ancient, powerful practice and let the magic happen!

We want "AWESOME" to be your default setting.



The Venue & Experiences

The venue will have other Yogis from around the world staying at the resort which is a perfect opportunity to meet like-minded people and make global friendships. We will have our own exclusive Shala of course and we have organised for our bungalows to be together, ensuring our tribe keeps it's vibe. Other little treats included in your trip are:

1. Day trips to local Turtle Beach via Tuk-Tuk
2. Sunrise dolphin watching experience
3. Private beach party to close the retreat
4. Beach walk to Palolem- watch the sunset and then explore the night markets

You will have a day and a half to rest and acclimatise on arrival before the 5-day retreat starts, and 3 days at the end of the retreat to explore the local area or chill on the beach.



Food for Thought

Food will be freshly prepared each day and will consist of traditional vegan and vegetarian meals, loaded with Ayurvedic rich foods that will support and increase the Prana (life energy) in your body. This will work hand in hand with your practice as we journey through the 8 limbs.



The Yoga

We will journey through the blueprint of well-being that is the 8 limbs. These are guidelines that cover every aspect of human wellness based off ancient yogic philosophies and practices. While in this little paradise you will find the lifestyle easy to follow as you will be living the yogi life exactly how it was practiced for many, many years. However, Yogalife will give you the variations and Western methods so you can adapt to this way of life once you return home. Expect a full spectrum of yoga; slow flow, vinyasa, power, hatha, ashtanga, mantra, along with deep meditation and breathing techniques.

Your experience

Our main aim of all the Yogalife life changing retreats is to bring amazing people together to some of the most unique and beautiful venues around the world and try to change lives! We do this in a number of ways; using the power of yoga and the chakra system, fueling the body with healthy, detoxifying foods and supplements, using the latest training methods and hormone response science. Then add to that, vitamin D from the sunshine, the sound of the ocean, beautiful views, great company and lots of rest and rejuvenation!

Let Yogalife take care of you and guide you from session to session, from experience to experience....





Highlights

-  Up to 6 hours of yoga a day
-  Yogalife goody bag packed with aromatherapy candle & oils, healthy vegan and vegetarian recipe book, mala beads, chakra massage balm
-  Delicious ayurvedic menu
-  Sunrise dolphin experience
-  Trips to turtle beach and Palolem visit
-  Airport transfers included ** if recommended flights have been booked**
-  3-4 days of free time to embrace the culture and relax
-  Ocean view, secluded beach
-  Ayurvedic practitioners that can perform ancient massage and other yogic therapies to enhance your feeling of wellness
-  Yogalife beach PARTY!!

A day in the life of



Once we have arrived in our little piece of heaven you will have a day and a half to acclimatise and re-energise leaving the stresses and jet lag behind, this will ready you for the journey ahead. A typical morning begins at sunrise with the sound of the ocean and the sun's rays on our faces. We start with Yogalife's take on traditional Kriya yoga to clear the sinuses and awaken the body readying it for the morning's yoga session in our private sea view Shala; think sun salutations, positive intentions and a dynamic practice to help repair, restore and focus the body and mind.



After a quick freshen up with a shower or maybe a quick paddle in the beautiful blue waters of the Indian Ocean, you will be ready for a traditional Ayurvedic brunch which will be served on the sun terrace. You will then have some free time to explore your surroundings, chat to fellow yogis or watch the world go by from your hammock or sun lounger; the beauty is, it's completely up to you!



This brings us nicely to the afternoon which can be spent visiting beaches, exploring the local villages & markets or simply just reading a good book. After the session, you will have some more time to rest, relax and reflect and upon your return, afternoon tea will be waiting.



Once rejuvenated you will take part in another yoga physical practice starting with a mini discussion based around the 8 limbs. We promise this knowledge and way of life will blow your mind, armed with this new found knowledge you will see your practice grow as you start to marry the two together.

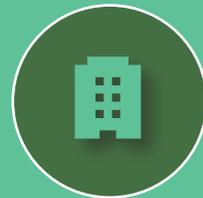


Our third session takes place just before dinner, we will run through any questions you have from the start of the day then further explore then 8 limbs and seamlessly into a more restorative yoga practice to help slow the mind and body down as we head towards the evening. Our traditional Ayurvedic superfood dinner will be waiting for us at sunset; delicious lentil dishes, fresh fruit, colourful salads, vegetables and cold pressed juice.



As your evening draws to a close we will finish with a mediation, themed around deep relaxation (yoga nidra) this helps to promote deep NREM sleep, the most powerful healing stage of sleep. Then take your time to walk back to your room not forgetting to take in the stars and the amazing views, light your Yogalife aromatherapy candle and drift away while listening to the sounds of nature. You will not want to leave our little oasis!

“You will create memories with new friends for life!”



Accommodation

Beach bungalow with private open shower, private decking with hammock, beach front sea views, use of Shala's, 3 meals.



Dates

11th - 20th November 2021



Recommended Flight

Flight details will be confirmed early 2021



Cost

(Earlybird £1,650)
£1,850 (based on two sharing a room or £240 supplement for single occupancy)

Full balance to be settled 8 weeks before departure or your place may be at risk and all payments paid are non-refundable. * Earlybird discount is paid in full

Comprehensive inner health check

What you can expect

Unique to Yogalife retreats, as part of our first class service, we will also be able to provide you with insight into your cells health and productivity levels via a finger prick blood test. Your cells are responsible or involved in nearly every single function in the body, from building tissue such as bone, organs, ligaments, cartilage, skin and muscle repairing injuries, to absorption of nutrients, converting those nutrients to energy, removing toxins, fighting disease, the list is endless. Armed with these results we can determine a number of things:

- 1 Your cells omega 6-3 ratio: are your cells inflamed? If the structure of your cell is in balance then so are you chemically, physically and emotionally.
- 2 Cell membrane fluidity; this determines your absorption level of nutrients from foods and efficiency of releasing toxins from the cell.
- 3 Your cells protection level.
- 4 Your Arachidonic acid index; this is your ability to fight disease and viruses (immune strength) also your ability to repair tissue after trauma.
- 5 Mental strength; this looks at the balance and supply of omega 3-6 to the brain and nervous system. 1 omega 3 to 1 omega 6 is optimum, this will affect mood and brain-related wellness.

Before you go

In order for us to provide you with this insight, you will need to arrange for a finger prick blood test to be carried out at least three weeks before you leave for your retreat.

Blood tests can be carried out by Gareth Caple, or if it's more convenient for you, they can be posted directly to your door for you to carry out yourself.

To arrange a blood test please call Gareth on 07979 520 339.

How it works

-  The blood test needs to be carried out at least three weeks before you leave for your retreat.
-  The test can be carried out by Gareth Caple or if it's more convenient for you, they can be posted directly to your door. A video and instructions on how to perform the test yourself will be provided.
-  The test only takes 10 minutes, it's very easy and relatively painless.
-  The test ID then needs to be registered at zinzinotest.com, then put in the post using the envelope provided and sent away for analysis.
-  Please provide Gareth with a photo of your test ID via email: gareth@yogalifeuk.com
-  It takes 10-20 days for the results to be e-mailed to you, you will receive a text notification when your results are ready.
-  These will be reviewed in a 1-2-1 consultation on the retreat, from this a plan will be put together to ensure you are at optimum health, from your cells to the top of your head to the tips of your toes!
-  This unique service comes at no additional cost

**Any questions, please contact Gareth Caple on 07979 520 339
or gareth@yogalifeuk.com**



Things you need to arrange/pack



Book your flights!

Book your flights! We have partnered with Donna from Travel Counsellors, she will take care of all your flight booking needs, let Yogalife take away the hassle.



Travel insurance

Please ensure you are fully insured for the area we are traveling to. Check with your insurance provider for full details of your policy. If you prefer us to have a copy of these details in the unlikely event we need to act on your behalf please send them to gareth@yogalifeuk.com. You will also need an Indian Tourist Visa, the full details will be forwarded nearer the time.



Sun cream

Lots of people forget this, we will be practicing yoga outside, so we want you to be safe. Due to the nature-based venue all yogis are requested to use organic shampoos, conditioners & body wash as the drainage is into the ground.



Currency

Rupees are a closed currency so you will need to change your currency while in India.



Sports gear

Bring lots of training gear, yoga leggings, sweat towel, running trainers & lots and lots of enthusiasm!



Goody bag

Don't forget your Yogalife goody bag (we will get this to you 2 weeks before we fly).

What can you expect on this retreat?

A full body cleanse inside & out

A life changing experience and a deep understanding of this ancient practice of yoga we all love. The 8 limbs (guidelines) designed from thousands of years of knowledge and wisdom will all be wrapped up in a little Yogalife bow that will allow you to easily understand and take your practice and knowledge to a whole new level. There will be no alcohol encouraged until the final night when there will be an option to have alcohol at the closing party.

We eat lots of plants!

Plant based means exactly that, lots of super healthy vegetables, fruits nuts, seeds, beans, pulses, herbs and spices, we will slowly introduce eggs and fish as the retreat progresses, we obviously cater for any directly requirements. Please volunteer this information upon confirming your place with us.

What to do next?

1. Contact Gareth confirming your interest and booking.
2. Pay a non-refundable deposit of £300.
3. Book your flight.
4. Pay the full balance 8 weeks before departure.

Contact details:

Gareth Caple
Director of Yogalife UK
Tel: 07979 520 339
E-mail: gareth@yogalifeuk.com

Payment details:

Barclays Bank - Life Changing Retreats
Sort Code: 20-45-45 Account Number: 03000486

* please leave your full name as a reference and email gareth@yogalifeuk.com to confirm.





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