

Sacred Feminine Retreat

IN INDIA

14-23 JANUARY 2024

GOKARNA



Dear ladies,

We are excited to announce our upcoming Sacred Feminine Retreat in Gokarna, India from the 14th to 23rd of January 2024.

Join us for a transformative journey that will rejuvenate your body, recharge your energy, and transform you emotionally and spiritually.



Our 9-day retreat program is designed to help you tap into your inner feminine power through daily yoga and belly dance practices, guided meditations, breathwork, and other amazing practices.

During your stay, you will receive an extra treat of an Ayurvedic massage, an ancient healing technique that utilizes herbal oils to harmonize the body and mind.

You'll also get a chance to immerse yourself in the rich beauty and culture of Mother India on a guided tour.

Gokarna

The retreat will take place at the Digambara Yoga Centre in Gokarna, India, offering a serene and peaceful environment for your inner exploration and stunning sea views.

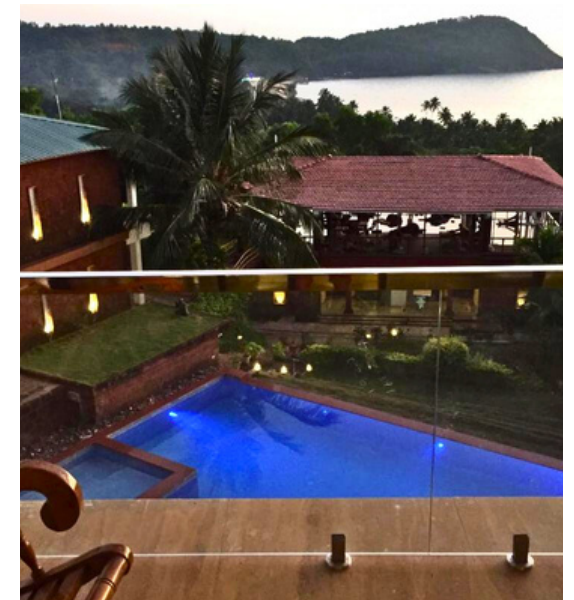
You'll have an opportunity to connect with like-minded souls and nurture yourself in a supportive community setting while undergoing your transformation.



Digambara Yoga Center offers comfortable hotel rooms with everything needed for maximum relaxation and an enjoyable stay, within walking distance of the beach. Guests can also enjoy the Ayurveda and SPA Center.



There is an outdoor pool and free Wi-Fi available in every room.



About the Center

The Digambara Retreat Center is located on a hill with a breathtaking view of Kudle Beach, which is a 5-minute walk from the center. Gokarna village can be reached on foot in 15 minutes, or by rickshaw.



On the territory of the Digambara space, there are three buildings, a swimming pool, and a yoga place overlooking the sea.

Yoga Place is located on the roof of one of the buildings and has an area of 200 m2.



Program

Day 1: Arrival in Goa

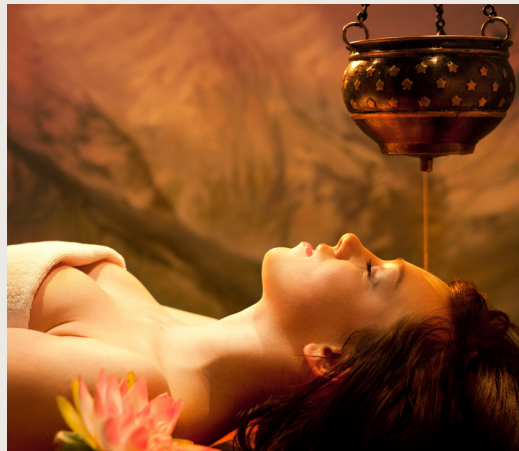
Upon your arrival at the Goa airport, our representative will pick you up and transfer you to the Digambara Yoga Centre. Check into your room and enjoy a welcome dinner with the other retreat participants.



Day 2-8: Start of the retreat program consisting of daily yoga and bellydance practices, guided meditations, breathwork, and other amazing practices that will rejuvenate you physically, recharge you energetically, and transform you emotionally and spiritually. On the last night, we'll have a women's circle with a heart-felt closing ceremony.



During your stay, you will receive a complimentary Ayurvedic massage of your choice, renowned for its therapeutic properties.



We'll also take you on a tour to Gokarna beaches to immerse yourself in the beauty and culture of Mother India.



Day 9: Farewell

On the last day, we'll have a farewell breakfast before your journey back home.





Package Includes

- Accommodation for 9 days. Each hotel room is equipped with an air conditioner, satellite TV, audio system, safe, refrigerator, shower, hot water, iron, hair dryer, ceiling fan, and electric kettle
- Buffet breakfasts and dinners. Delicious homemade vegetarian food in a cozy café overlooking the ocean
- Daily yoga, bellydance, and a wide range of meditation practices and breathwork
- One complimentary tour
- One complimentary Ayurvedic massage of your choice (relaxation, abhyangam or sirodhara)
- Airport transfer from Goa to Digambara Yoga Centre

Prices

(Can be paid in installments)

Early bird (till 31st August)

- Twin-share \$2350
- Single room \$2850

Late bird (till 31st October)

- Twin-share \$2550
- Single room \$3050

Last Chance (from 1st November)

- Twin-share \$2750
- Single room \$3250



Additional expenses

- Return flights Auckland-Mumbai-Goa (from \$2100)
- Indian visa
- Additional ayurvedic massages and spa procedures (optional)
- Travel insurance



Don't miss this amazing opportunity to escape to beautiful Gokarna and discover the profound connection between yoga, bellydance, and inner awakening.

Join us for an unforgettable Sacred Feminine retreat!

To secure your spot please contact us now as the spaces are limited.

Ksenia: xeniaprokopieva@gmail.com
+64 27 516 6303

or

Tais: tais@tais-bellydance.co.nz
+64 21 077 4720

Namaste.

Tais and Ksenia