

Tropical Bliss Yoga Retreat at Meems' Arabian Sea Beach resort, Ashwem, Goa Feb 2-9, 2013

Rest in your natural state of bliss and well-being. In this delightful retreat we will experience a variety of teachings on the theory and practices of hatha yoga, somatic movement education, and devotional yoga. Participants will have a rare opportunity to dive deeply into their own practice in a fully supportive environment with highly experienced guidance. Our daily schedule will include early morning meditation, periods of silence, pranayama, 1-2 periods of yogasana practice, practice of Somatics, and evening kirtan chanting. We'll have ample time in the afternoons to enjoy the beautiful beach, just steps away from the yogashala.

Included in the retreat price are:

7 nights' accommodation at Meems' Beach Resort, breakfasts and dinners, starting with dinner on Feb. 2

All daily sessions of yogasana, somatics, meditation, and chanting

1 session of either Thai massage with Sandra Tara or Craniosacral with Ram Charan

About the venue: Located directly on the shore of the Arabian Sea in Ashwem, Goa, the Meem's Beach resort has a spectacular combination of impeccable service and laid-back charm and features a world-class seaside restaurant. Participants have a choice of seaside cottages or large, comfortable rooms in the new hotel. For full information go to: <http://www.meemsbeachresort.com/>

Prices for the retreat (In US \$) are as follows:

Hotel - twin sharing - \$640.00

Hotel - single - \$830.00

Beach hut – twin sharing - \$595.00

Beach hut - single - \$720.00

Non residential retreat including breakfast only \$250

About the teachers:



Sandra Tara has been studying and practicing Yoga since 1999. Her teaching emphasizes alignment, breath awareness and is nourished with heart and joy. She is influenced by the great Masters BKS Iyengar and Sivananda, and introduces Vinyasa flow inspired by Sharon Gannon and David Life from Jivamukti. All her classes are adapted to the capabilities of the students. She offers safe and encouraging support to deepen everyone's ability.

Ram Charan has been exploring bodywork and meditation for over 20 years. He brings an integrative understanding of the relationship of consciousness and form to his teachings and session work. He has completed his first level certification in Somatic Movement Education by the International Institute for Somatic Movement Education (www.livingsomatics.com). He is a practitioner of Craniosacral Biodynamics with 10 years' experience and has assisted teaching on the 3-year foundation course in Pune, India. He is also a very experienced kirtan wallah.



To reserve your space or for more information please contact Sandra Tara at taravoganow@gmail.com