



# Discover Yourself

Yoga & Wellness Retreat in Goa  
with Pallavi Marshall

A yoga retreat is not just a vacation;  
it's an opportunity for  
transformation, rejuvenation and  
personal growth

# About the Retreat

Welcome to an unforgettable journey of self-discovery and adventure at our *'Discover Yourself' Retreat in Goa.*

We all love holidays but most often, return from all the travel more exhausted than actually renewed. Get ready to truly take a break - a pause from the routine! Feel rejuvenated through the transformative power of nature, yoga and ayurveda.

Nestled in a stunning lakeside location in Goa, our retreat promises a perfect blend of relaxation, excitement and wellness. Your teacher & host Pallavi will be there to ensure you get the most of this short escapade.

Whether you seek clarity, renewal or simply a break from the daily grind, our retreat provides the perfect setting for a transformative experience while connecting with like minded souls.



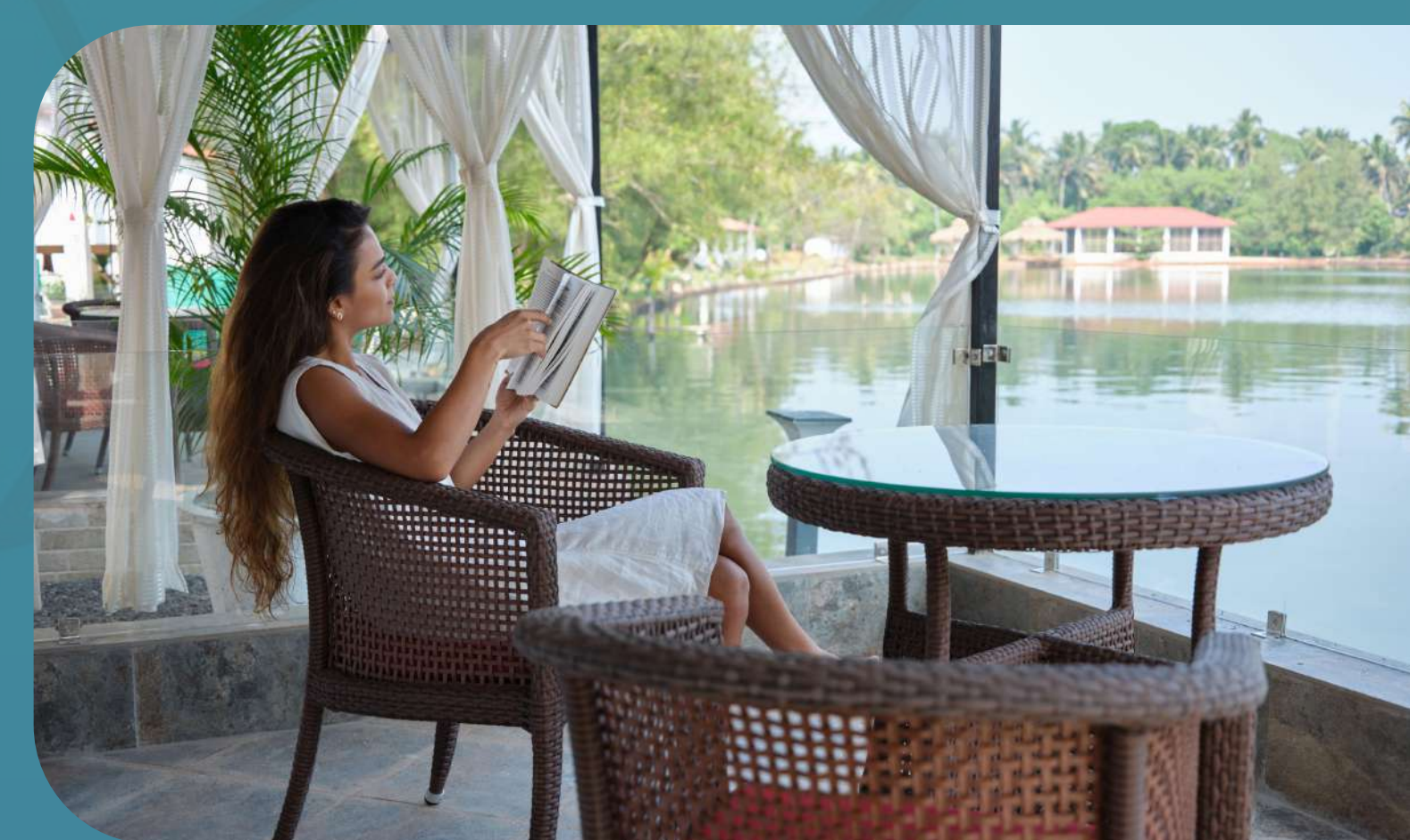
## About Your Host Pallavi

Pallavi is a corporate professional turned Yoga teacher. She holds multiple certifications in Yoga and movement from reputed institutes (Bodhi, Vyasa, Cult Academy, Body Soul Well). She is also a qualified Ayurvedic Nutritionist, Yoga Nidra specialist and Level 2 certified by the Ayush Ministry.

She teaches her integrated style of yoga rooted in alignment focussed Hatha, blended with Strength training and Pilates. In addition to everything fitness she loves reading, travelling, cuddling with her cat and being a super mom to her two kids!

# Retreat Highlights

- 🧘 Daily Yoga & Movement sessions with Pallavi
- 🧘 Stay at a beautiful lake view resort amidst nature
- 🧘 Explore the lush landscapes of Goa with beach walks; hike to a stunning location with breathtaking views
- 🧘 Meet like minded people from around the world
- 🧘 Workshop : Sattvic cooking
- 🧘 Expert talk on Ayurveda- the sister science of Yoga
- 🧘 Guided meditation, chanting and pranayama to heal the body and soothe the mind
- 🧘 Explore different styles of Yoga (Hatha, Power, Vinyasa, Restorative), Pilates & more
- 🧘 Nourish your body and delight your taste buds with healthy Sattvic meals
- 🧘 Experience emotional healing with movement therapy, art therapy, Yoga Nidra and so much more....



# Itinerary

## Day 1 : Thursday

- 🧘 Check in at the resort
- 🧘 Retreat commences at 5 pm
- 🧘 Ice Breaker & Yogic games
- 🧘 Post Travel yoga stretches
- 🧘 Dinner

## Day 2 : Friday

- 🧘 Morning Yoga + Breath-Work
- 🧘 Breakfast
- 🧘 Creative Expression
- 🧘 Expert Talk on Ayurveda
- 🧘 Lunch
- 🧘 Evening Yoga Flow + Sunset Meditation
- 🧘 Dinner

## Day 3 : Saturday

- 🧘 Beach Walk and Hike + Breakfast
- 🧘 Sattvic cooking workshop and Yoga fun
- 🧘 Lunch
- 🧘 Yoga Nidra
- 🧘 Evening Yoga
- 🧘 Dinner

## Day 4 : Sunday

- 🧘 Morning Movement
- 🧘 Breakfast
- 🧘 Closing activities, farewell and hugs to new friends

# Accomodation & Pricing

**DATES:**

**26-September-2024 Thursday (Check in)**

**29-September-2024 Sunday (Check out)**

**Location: Luxurious resort at Arambol, Goa, India  
(Message for details of the location)**

**Book Your  
Spot Today!**

**DOUBLE OCCUPANCY  
DELUXE ROOM**

INR 32000  
PER PERSON

**DOUBLE OCCUPANCY  
COTTAGE ROOM**

INR 34500  
PER PERSON

**Note - A Room will be shared by two occupants. Few single occupancy slots are available on request.**



**Early bird offer - Avail 5 % off on bookings made before 15th August**

**Part payment option -**

**Book your slot by paying 50% now and 50% on or before 30th August**

**Spaces are limited. Reserve your place now and embark on a path to wellness and adventure.**

# Inclusions

- 🧘 3 nights and 4 days luxury accommodation
- 🧘 Delicious Sattvic food (all 3 meals)
- 🧘 Daily yoga & Movement Sessions
- 🧘 All activities during the stay
- 🧘 Ayurveda therapies on discounted price(optional)
- 🧘 Welcome kit for Yogis
- 🧘 1:1 Q/A Sessions with Pallavi

# Exclusions

- 🧘 Flights
- 🧘 Transfers
- 🧘 Additional expenses due to force majeure situations like natural disaster, change in the government taxation policies etc.
- 🧘 Any food/beverage order apart from what is included in retreat

# To Book your slot Message on

Phone / Whatsapp : + 91 9371077107

Instagram : @pal.v.mehra

## Bank Details

SERENITREE YOGA AND WELLNESS

Account no : 259371077107

Ifsc code : INDB0001460

BANK : INDUSIND BANK

BRANCH : BANJARA HILLS ROAD NO 12 BRANCH, HYDERABAD

## Terms and Conditions

- 🙏 All bookings are non refundable unless the host cancels the retreat from their end.
- 🙏 Incase you can't make it to the retreat, you can transfer the seat to a friend/family member.

हरी ॐ