

*Yoga Retreat with Joey Mascarenhas,
29 November – 06 December 2010,
Goa, India.....*

Hidden Paradise.....*Ashiyana is a tropical retreat center located on the beautiful and unspoiled Mandrem Beach in the very north of Goa. The Ashiyana location offers a balance between the serenity of a coconut palm grove, bordered by the enchanting Mandrem River, and a beautiful quiet beach with the invigorating sound of the waves breaking against the shore just beyond the dunes.*

Natural Accomodation.....*The Ashiyana provides spacious eco-lodges which are located in a shaded palm grove fronting the Mandrem River and facing towards the sea, offering beautiful views from the upper-floor balconies of all of the accommodations.*

Fresh & local Organic Products.....*The restaurant serves a daily brunch around 10.00 hrs after morning practice, with a wide range of organically grown produce, fresh fruits and vegetarian dishes. Chai, and filtered water are offered throughout the day, and a fusion of freshly prepared Indian and Western vegetarian cuisine awaits you around 19.00 hrs for your evening meal. Fresh fish and chicken dishes are served twice a week.*

Explore, experience, relax, be inspired and have fun.....*The Ashiyana boasts 3 cool and open shalas, one with a sea view, to inspire and enlighten all your senses! All props and mats are provided on site. Massage and spa facilities are located on the premises, and may be booked on arrival and there are some musical activities arranged in the evenings, including "Barefoot Boogie" and Chanting! Nearby is the lively and colorful village of Arambol. One of the main attractions to this distinctly 'hippy' hangout is the fresh-water lake separated from the sea, and it also hosts some wonderful shopping and eateries. For more information please see www.ashiyana-yoga-goa.com*



Joey Mascarenhas
www.theyogaplace.ch
Yoga with Joey
29 November - 06 December
- CHF1,089



A true Goan Yogil.....Born and raised in India Joey made his first experiences with Yoga and Meditation already at a very young age. During his studies in anthropology at the St. Xavier College in Mumbai he got to know his mentor and teacher, the Senior Iyengar Instructor, founder and Managing Trustee of Kripa Foundation, Rev. Father Joe Pereira. He taught Joey the alignment based Iyengar yoga into its entirety from understanding the earth element to the ethereal element of the body.

For beginners to advanced.....The most profound experience in yoga came somewhat later on when confronted with a few particular health issues. Together with his teacher, Joey worked constantly on these issues and experienced healing through yoga. This experience changed his perspective of yoga and the way he wanted to teach it from then on. Joey teaches different classes from absolute beginners, who wish to learn only asanas to advanced students who wish to understand the various aspects of the science of yoga. Joey now teaches and lives in Zurich, Switzerland, and conducts workshops around Europe and India. Workshops are held in English, and German on request.

Release stress, restore strength"In my classes, besides classical yoga asanas I provide a variety of modifications and therapeutic asanas for ailments such as lower back disorders, cardio-vascular problems, muscle weaknesses, stress related symptoms, panic attacks etc. During our daily practice, we learn through the combination of asana, meditation and pranayama, to restore our mind and body back into alignment with the universe around us, discovering new ways to approach our daily lives with ease and simplicity."

Your stay in Goa.....During your week with Joey in Goa, the day will begin in one of the 3 Shalas with meditation and practice in the cooler part of the day before a late breakfast. The latter part of the morning will be dedicated to pranayama and discussion. During the bulk of the afternoon you will be free to spend as you wish, with walks along the beach, dips in the warm turquoise blue sea, or choose to join us on a trip to paradise beach or the famous Anjuna Flea Market! We have also arranged something a little special on a couple of days where we will make a short journey to the ancient temples of Old Goa, and we will hold our practice within the temple itself. We will also be offering a delightful sunset meditation session in the deserted ruins of the ancient fort at Chapora. Come and really experience what this beautifully spiritual country has to offer.

Prices.....The price for the week - **CHF1,089**

Includes full board and accommodation at the Ashiyana Resort, all tea and water, daily asana, pranayama and meditation sessions with Joey in the shala with all materials provided, includes the price for the trips and transport to the ancient temples and the old fort for practice, and taxi too and from the airport. Details on flight options and reservations, airport pick up, booking and further information please contact:

nicolegibbard@yahoo.com

Please note Deadline for booking confirmations is 25 Sept. 2010.