

February 19th-26th, 2012

GOA INDIA

Discovery of Love

What do all people want? Love is the theme of the retreat and we will meditate on it and find it.



Look where you don't expect to find it...

ANUSARA® YOGA RETREAT WITH JEFF FISHER

Love is a radical and powerfully transformative emotion that transcends us. Explore the power behind love and enjoy your life intensely, heal your body and find within how to access the power of your heart.

Your yoga days in Goa...

Days will begin with a sunrise meditation session to celebrate each beautiful dawn in this tropical paradise. After a small break for chai and fruit, we will enjoy a lively energetic asana practice before a delicious breakfast of fresh fruits, cereals, breads and more. The major part of the day is free for you to explore the white sands of Mandre's beautiful beaches, relaxing in the shade, swimming in the turquoise sea, enjoying rejuvenating Ayurvedic treatments and massages at the retreat centre, or exploring the surrounding villages with their colorful markets and many spices and materials.

There will be time to explore further and make a trip to Paradise Beach or the famous Anjuna flea Market and the ancient temples of Old Goa. Late afternoons will include yoga practice and pranayama with a sunset meditation on the beach, before closing each amazing day with a magnificent dinner and drinks on the beach watching the world go by in the inspiring spiritual splendor of India itself.

Price-CHF1,150 Includes full board and accommodation at the Ashiyana Resort in a shared deluxe ecolodge for two with twin or double bed as requested and ensuite bathroom. All food, water, chai, yoga materials. You may prefer to bring your own mat.



Californian, Jeff Fisher, is a Certified Anusara Yoga teacher living in Switzerland. After many years in Zurich teaching Anusara Yoga, His personal knowledge and experience of yoga and yogic philosophy were learned from his teachers' Gurumayi, John Friend and Dr. Douglas Brooks. Jeff blends tantric philosophy into his inspiring yoga lessons, guiding a student's body and mind into the universal heart.

INFORMATION



REGISTRATION & CONTACT

Nicole Gibbard

To secure your reservation and all questions, please transfer the amount of CHF1,150 per person to:

nicolegibbard@yahoo.com

Union Bank of Switzerland
Bahnhofstrasse 45, Zurich,
Switzerland
IBAN - CH08 0029 3293
Account no. 293-813015.40P
Client Account 293-813015
BIC (Swift) UBSWCHZH80A

Insurance

It is recommended you take out a travel insurance to cover any unforeseen reasons for your cancellation. There will be no reimbursement of fees once your payment is made, however you may transfer your booking if you find someone to take your place. It is also suggested to check you health insurance covers you in India.

Fresh & local Organic food...

Daily brunch is served after morning practice, with a wide range of fresh organically grown produce, fruits and vegetarian dishes. Chai and filtered water are offered free of charge throughout the day, and a fusion of freshly prepared Indian and Western vegetarian cuisine awaits you at 19.00 hrs for your evening meal. Fresh fish and chicken dishes are also available.

Natural Accommodation...

The Ashiyana provides shared 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.

Yoga Asana, Pranayama, Meditation.....

will be offered by Jeff twice daily, allowing you to become fully absorbed in your Indian experience from sunrise to sunset, with daily yoga practices, delicious Indian cuisine, warm sea, sandy beaches, a cool breeze and amazing surrounding culture we can promise to make this week one of your greatest personal journeys yet.

Flights

Flights should be booked as soon as possible to secure the best price, and arrival at the Ashiyana resort should be arranged for **Sunday 19th February** after 12.00 hrs. We will come together in the late afternoon at 16.30 hrs, for a light yoga practice, followed by a sunset meditation, dinner and a briefing on the week's schedule. Check out will be after breakfast on the following Sunday 26th February before 12.00 hrs.

Visa

It is **required** to have a Visa for entry into India. Apply to the Indian Embassy for your visa as soon as possible.

Transfer to and from Goa airport

Transfer to and from the airport will be arranged for you. You will need to pay the reception at Ashiyana for your taxi fare. The reception accepts Euros.

Local Information

Wifi access is also available in the reception area. No specific vaccinations are required for Goa, however it is advisable to bring mosquito repellent and long clothing for the evenings. Early morning meditation sessions can be rather cool, so please bring some warm clothing. During the day time it is very hot, so minimal clothing is necessary. Payments for massages and treatments may be made in Euro. It is suggested to have some rupees to buy local goods, snacks etc. on the beach and surrounding shops. The nearest bank is in the village which is c.a. 10 minutes ride away by scooter or rickshaw. All payments outside of the resort should be made in rupees to ensure you get a fare price.

For further information on the Ashiyana Resort, please see www.ashiyana-yoga-goa.com

and you will
find it there...

