

# Goa Teacher Training 2012



c/93 NAIKA VADO  
VERLA CANCA-BARDEZ  
GOA 403 510  
PHONE: +91 832 - 2 47 2823

## GOA INDIA

Verla Canca is a small village located between Anjuna Beach and Mapusa City in the state of Goa. The retreat centre has a yoga shala, swimming pool, lush gardens and fruit trees with flowers and shady terraces.

**3 Jan - 31 Jan 2012**

[www.satsangaretreat.com](http://www.satsangaretreat.com)

## Flights

You may find a charter flight directly from a major city to Dabolim Airport (code GOI not GOA, which is Genoa Italy). Or you can fly into Mumbai or Delhi and take a domestic flight to Goa. Domestic airlines: [www.spicejet.com](http://www.spicejet.com), [www.jetairways.com](http://www.jetairways.com) or [www.flyinkingfisher.com](http://www.flyinkingfisher.com)

NB: Book early as domestic flights fill up during holiday season.

## Travel

Dabolim airport is 45 km from Satsanga Retreat and 1 hour 10 minutes by taxi. The cost of a taxi is 1000 RS. You can email Satsanga ([info@satsangaretreat.com](mailto:info@satsangaretreat.com)) to send a driver from the village as it is not easy for people not familiar with the area. Nearest train station is Tivim, which is 10 km from Satsanga. The nearest town is Mapusa, which also has a bus station (7 minutes from Satsanga).

## Cost

€ 3010.00 total cost includes accommodation, meals and yoga classes. Does not include travel expenses and extras. A deposit of € 700.00 is required to register. We recommend early registration so you will be sure of being able to book your flights. This is a holiday destination and so flights will be more difficult to book closer to the time.

**Yogamind**

[INFO@YOGAMIND.COM.AU](mailto:INFO@YOGAMIND.COM.AU)  
[WWW.YOGAMIND.COM.AU](http://WWW.YOGAMIND.COM.AU)

## Daily Schedule

|                  |   |
|------------------|---|
| 6:00 - 9:45 am   | Mantra, silent sitting, pranayam and asana                          |
| 10:00 am         | Breakfast   |
| 1:00 pm          | Lunch   |
| 4:30 - 6:30 pm   | Asana   |
| 7:00 pm          | Dinner  |
| Sunday mornings  | Self practice then free time for the rest of the day to explore Goa |
| Evening programs | Movie, bhajans, slokas and satsang                                  |

## Registration

Please fill in the details on the form below and return to [margaret@yogamind.com.au](mailto:margaret@yogamind.com.au):

Name:

Address:

Email:

Telephone:

Occupation:

Date of Birth:

What Training have you done:

Additional Information:

Upon receipt and acceptance of this registration we will send out payment details and further information.

This interactive PDF does not work on an iPhone or iPad.  
Please use a computer to complete it, alternatively you can print it and then scan the completed form and send it back to us.

**yogamind**

**INFO@YOGAMIND.COM.AU**

**WWW.YOGAMIND.COM.AU**