

REGISTRATION

Please fill in the details on the form below and return to info@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.

YOGAMIND.COM.AU
INFO@YOGAMIND.COM.AU



SATSANGA RETREAT, GOA, INDIA
04 - 18 JANUARY 2020



LOCATION

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

Satsanga Retreat
c/93 Naika Vado, Verla Canca-Bardez, Goa 403 510
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. NB: Book early as domestic flights fill up during holiday season.

TRAVEL

Dabolim airport is 45 km from Satsanga Retreat and 1 hr 10 min by taxi. The cost of a taxi is 1500 RS. You can email Satsanga (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

€1950.00* total cost includes 14 nights accommodation, meals and yoga classes. Does not include travel expenses and extras. A deposit of €500.00 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.

* Price is subject to slight variation due to currency fluctuations.

DAILY SCHEDULE

06:30 - 10:00	Mantra, silent sitting, pranayam and asana
10:00	Breakfast
13:30	Lunch
16:30 - 18:30	Asana
19:00	Dinner
Sunday 12/01	Self practice and free time to explore Goa