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# YOGA, HEALING & MAGIC HOLIDAY IN GOA

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with Michael Kazamias (22 - 29 Oct 2016)



Michael, a gifted yoga teacher from Germany, is travelling to Goa to teach a special 7 days-long yoga holiday at Alenea Resorts, a boutique hotel at Benaulim in Goa. Enjoy a life changing experience with us this autumn.

This magical holiday is available for a limited space of 20 participants only. Throughout the week, inspiring asanas and ideas are introduced to bring yoga into your everyday life to empower, heal and love yourself.

Each day will include two yoga classes, fun activities and three delicious meals. Morning classes are Dynamic Vinyasa Flow, where you work on strength and flexibility, while focusing on techniques and restorative asanas in the evenings. Michael will also introduce meditation and journaling in the evening classes to evoke your healing power and to bring a sparkle of magic to the group.

Goa is a place where nature speaks to you through its clear water, warm sandy beaches, beautiful white waterfalls and exotic spice plantations.

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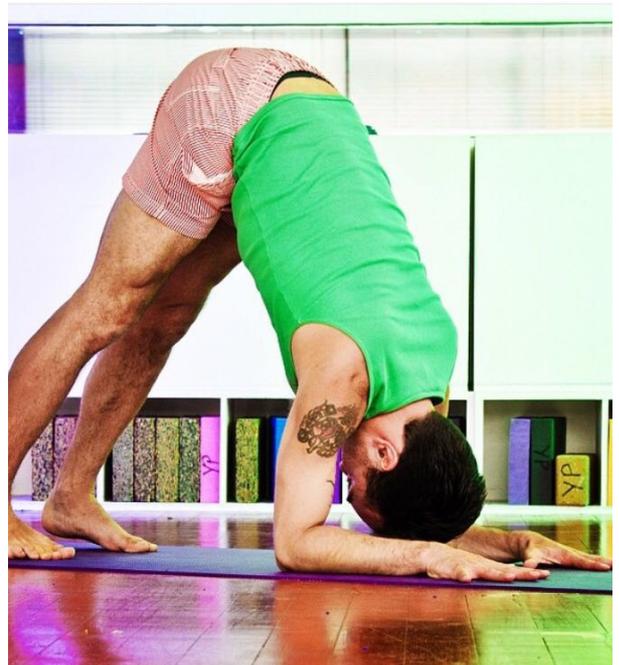
## The Daily Schedule:

Every morning will begin with a Dynamic Vinyasa Flow class. The class will be held on the terrace which is specially prepared for yoga practice. The classes will have different themes each day. Options will be given to all levels of yoga practitioners. It is followed by a delicious breakfast buffet in the restaurant every day.

After breakfast, you can have an Ayurveda consultation with a doctor, make a visit to a nearby Ayurveda clinic for massage or therapies, self-practice yoga or simply relax at the swimming pool.

After a nourishing lunch, there will be free time to read, chill out on a sun bed, or take a walk to the beach which is just 10 minutes away. The afternoon yoga sessions will be relaxing and quiet, including a combination of restorative, guided meditation, and journaling to wake your hidden senses.

Every day will culminate in a Goan feast. Some evenings, we will have activities including a welcome dinner, Indian cookery class, a visit to a flea market and BBQ and Live Music to make your stay most enjoyable



**“My yoga is relevant to the right here right now. I don’t follow anyone else’s dogma”**

- Michael Kazamias

## The Accommodations:

The high standard rooms at Alenea accommodate single, double, and quadruple occupancy. We will match you with roommate/s if you are coming by yourself and would like a double or quadruple room.

All rooms are spacious and complete with a shower, toiletries, air conditioner and fan, TV and refrigerator. There are telephones for internal use, a safe deposit box, and a desk.

## The Cuisine:

The meals at Alenea Resorts are lovingly prepared and are influenced by Goan and Nepalese cuisines. The buffets are mostly vegetarian with a couple of choice of meal and fish. Tea, coffee, and still water are available 24 hours a day. Beverages can be purchased at the bar; pay on check-out. Please inform any dietary restrictions in advance.

## Activities and Excursions:

Included in the cost of the holiday is a Welcome Dinner, Indian Cookery Class, Anjunta Flea Market and Farewell BBQ & Live Music Party. Other extra options with include:

- ⌘ Ayurveda consultations
- ⌘ The half day tour 'Discover Goa' includes a visit to Cabo de Rama Fort, followed by a tour of a village to see its culture.
- ⌘ The beaches (apart from Benaulim beach which is a walking distance, there are a few beaches nearby where you can go by rickshaw).
- ⌘ A visit to Margao and Panjin.

\* Please inquire for fees of above activities. Bookings can be made on the spot.

### **Therapies and Treatments:**

Many Ayurveda therapies and treatments are available and can be booked on arrival and payable in rupees directly to the therapist. These include:

- ⌘ De-stress
- ⌘ Rejuvenation
- ⌘ Anti-aging
- ⌘ Facial
- ⌘ Massage

\* Please inquire for fees of above treatments. Bookings can be made on the spot.

### **Arrivals and Departures:**

Arrival day is Saturday, Oct 22, 2016. If you arrive earlier, you're welcome to book extra night in advance. Check-out is 12:00 noon on the 29th.

Alenea Resorts is approx. 25.5 km from Dabolim (Goa) Airport. You will be greeted by our driver with a board upon arrival at Dabolim Airport, and will be transferred to the hotel. Our warm and friendly staff will welcome you with a smile at the reception, and assist you with whatever you may need to make this holiday unforgettable.

### **From Europe to Goa:**

We recommend booking a flight that arrives at before 2 pm. To return, we recommend a flight that leaves anytime after 2 pm. To get to Goa, you will need to fly either Delhi or Mumbai, then take a domestic flight to Goa.

### **About Michael:**

Michael started his yoga journey back in 1999 at the Life Centre in London. After experimenting different styles of yoga, he dedicated himself to Ashtanga between 2003 to 2011. His passion took him to India to study under Yoga Guru Patthabi Jois at the Ashtanga Yoga Research Institute, where he repeatedly visited and deepened his practice. Michael's yoga is not influenced by anyone else's dogma. Rather, it is his own interpretation of yoga from all the wonderful teachers he practiced with, including Ana Forrest of Forrest Yoga. Michael encourages students to focus on the present moment - right here and right now, and to open up to new experiences. His classes are friendly, fun, and is designed to fit into our modern day lives. Until 2013, Michael was a popular Vinyasa teacher in Triyoga in London, where he lived for 20 years. He now lives in Berlin and teaches regular classes at Lagoa Yoga Berlin. This Yoga, Healing and Magic Holiday is open for everyone with all levels.

For more information about Michael, please visit his website <http://michaelkazamias.com>.

**Cost and Payment Information:**

Prices start at £ 485 GBP

**Quadruple rooms:**

Four single beds in shared single sex room

£572 GBP per person

If paid in full before July 22, 2016: £522 GBP

**Double rooms:**

Shared room with double bed for couples

£485 GBP per person

If paid in full before July 22, 2016: £435 GBP

**Single rooms:**

£662 GBP per person

If paid in full before July 22, 2016: £612 GBP



**Payments:**

A non-refundable deposit of £200 GBP is required with this booking form to secure your place. Full payment before July 22, 2016 entitles you to an early bird discount (see prices). If paying after July 22, 2016, the remaining balance needs to be paid 30 days before start date of the holiday. If booking within six weeks of start date payment in full will be required upon booking.

Payment can be made by a bank transfer. ROOMS AVAILABLE ON FIRST COME BASIS. PLEASE INDICATE PREFERENCE FOR ROOM, AND WE WILL DO OUR BEST TO MEET YOUR REQUEST. Cost includes all yoga and meditation, meals and accommodation. Flight not included.

Bank details for paying your deposit and balance will be provided to you upon registration.

**To register, email to Yuka Takahashi at [yuka@iegoa.com](mailto:yuka@iegoa.com)**