

Yoga Retreat in Goa

with Ramanand Patel

October 1 -10, 2012



Candolim is a **must** destination for visitors to Goa. Tucked away at the end of a quiet lane, off the bustling main road is **the world famous Aashyana Lakhnapal villas**. This well appointed jewel in the crown nestles on the prettiest stretch of Candolim beach, in a lush tropical garden exuding tranquility.

In an ambience offering the best in contemporary Indian designs, **Aashyana** has the rare combination of impeccable attention to every detail of luxurious living whilst giving opportunities to explore your more contemplative, spiritual essence, and romance in its widest sense.

Ramanand's extensive, distinct, and lifelong yoga experiences inform both his yoga practice and his teaching style. He is recognized and respected internationally and many in the yoga community regard him as one of the world's foremost yoga instructors. Ramanand actively encourages both learning and sharing of ideas amongst his students and peers. Furthermore, he is especially skilled as an innovator in the use of props and in working with students who have special needs; however he does not teach therapeutic yoga.



Ramamand (yogirama@aol.com) will focus on importance of the cakras in asana, pranayama and philosophy. The fee for a ten day workshop will be \$1990, double occupancy. The fee will include yoga classes, transportation to and from Goa airport to Ashayana Lakhnapal, boarding and lodging. The fee for non-participating spouse is \$1350. Deadline for registration is May 1st 2012.

For Application Form, Registration and other information visit <http://www.yogirama.com/Flyers.html>. For more information contact Leslie Howard at lesliehowardyoga@gmail.com, phone 415-823-1699.