Motherland yoga retreat | India

**28th Dec 20 – 4th Jan 21**

Join senior teacher Jessica Stewart to see in the new year with Indian sun on your skin and immersing yourself in the practice of yoga, meditation and breathwork. As the motherland of yoga, it is incredibly special practicing yoga in India. You will fall in love with the stunning beaches and heart-opening vbes of nearby villages and the monkey-clad jungle.

Our yoga shala is on the edge of a private retreat beach, away from any crowds and underneath palm trees and overlooking the ocean. The yoga schedule is full, so those that want a transformative experience can get mula bandha deep in all the in-depth yoga stuff we can’t touch on in an urban public class.

**Is it suitable for me?**

Some people really need a real rest and recharge when on retreat. Others are really keen for a full immersion in yoga to elevate their practice significantly. So, the yoga schedule is full, and all optional.

We advise you are practicing minimum once/twice a week before you come on retreat, so it is not a shock to your body. Jessica teaches open level classes, so there are options and explanations given for beginners, intermediate and advanced students. If you have any injuries or health concerns, or are pregnant, please email Jessica before booking.

**What is the yoga schedule like?**

# Morning sadhana (08:00-10:00)

(08:00-08:30 Yin & daoist meditation)

08:30-09:40 Vinyasa (uplifting, dynamic moving meditation)

09:40-10:00 Pranayama & meditation

# Afternoon workshops 16:00-17:30

Energetic maps: an introduction to the energetics, philosophy and ethics of yoga

Arm balances and inversions 101

Fasica and trigger point release

# Evening sadhana 17:00-18:00

Yin each day

One yoga nidra 20:00-21:00

*\*There is 1 rest day midweek with no yoga*

**What is the retreat venue like?**

Little Cove is an incredible location, accessible only down a very bumpy track just outside of Agonda (voted the most beautiful beach in India and globally by the Observer). The beach is shared only with other yoga students on our or one of the neighbouring yoga retreats. There is an onsite holistic centre where students can book massages and ayurvedic treatments. If you want to explore beyond the retreat, you can hire a moped or get a taxi to any of the nearby beaches, villages or jungle.

**Where will I sleep?**

Around our shala there are 10 beautiful little huts with porches, made from palm leaves and wood, with a very simple en-suite shower and toilet. The beds can be set up as twin singles, or one double. The two premium beach huts at the end of the semi-circle front directly onto the beach.

**What will I eat?**

Well, you’ve got to love Indian food – you are in for a treat. The food is a huge highlight on this retreat. All the food is cooked in the traditional Goan style in a clay oven on site. The day starts with a simple breakfast of fruit, smoothies pre practice and oatmeal afterwards. Thali is eaten on the floor with floor tables at lunch, and an Indian curry feast in the evening at moonlit tables.

**What is Jessica’s background?**

Jessica has been leading retreats internationally for 12 years, runs two 200 hour teacher training programs per year and leads classes and workshops at London’s leading studios. Jessie has studied with the internationally renowned teachers, studying anatomy with Tiffany Cruikshank, Jason Crandell and Bernie Clark; Chinese Medicine and Yin with Bernie, Tiffany and Dr. Daniel Keown; and studied with lesser known but truly traditional teachers in tantra, hatha and ashtanga throughout India. Jessie is accredited to the highest degree with Yoga Alliance International. Jessie has trained under Kon Kabat Zin’s MBSR program and with Tara Brach and lectures and advises on mindfulness and wellbeing for some of the world’s top investment banks and companies.

**What are Jessica’s classes like?**

Jessica is renowned for her warm approachable teaching style. The vinyasa practice incorporates energising breath practices, and a vigorous flowing sequence that build strength and mobility in creative but anatomically led sequences. Her approach to alignment is functional, rather than aesthetic – meaning she will help you find your individual alignment. Options and variations are given throughout so students can personalise the practice and rest when needed.

Jessie’s yin classes offer something quite different: a quiet, still, floor-based practice consisting of just a few simple poses, held for a good few minutes to work into deeper connective tissues such as fascia and safely load the joints in order to generate bone health and improved flexibility. Jessie incorporates breath work and meditation in each pose which brings the student to deep states of insight and concentration.

**How will I get there?**

Fly to Goa before or on the 28th December. From the 28th December, taxis from little cove can be pre-booked to collect you from the airport. We recommend that you use their taxi service as many taxis do not know where the retreat is, or are unwilling to drive down the bumpy track once they get there. If you are already in India you can get a train to Canacona station, Goa, and be picked up from there.

Closer to the time I will ask you all for your flight details, and help you plan your journey, including your visa application. The retreat will end at lunch time on the 4th January, where taxis will carry all students onwards or back to the airport. You can book to stay longer at the retreat venue subject to availability. I can advise you on this closer to the time.

**How do I book?**

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|   | Twin sharing  | Single occupancy  | Premium hut  |
| Early bird (pre 30th July 2020)  | £740  | £1180  | /  |
| Normal price  | £875  | £1300  | £1000tpp|£1450 s/o  |

Code: tpp – twin per person s/o – single pccupancy

A non-refundable deposit is 40% of your total cost is required to start your booking, and confirm your place. In the event of the covid-19 pandemic causing governmental bodies to restrict travel, you will be refunded in full for the retreat cost. We cannot be responsible for any further costs, so do make sure that you have travel insurance and that your policy protects you in the event of a retreat and flight cancellations due to covid-19.

To book – please email jessicastewartyoga@gmail.com and state your intention to book and check room availability. Once you have confirmed your hut and room type you can proceed by sending the deposit to:

Miss JL Stewart

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Final payments will be due by 30th November 2020.