

Self Care for Women Retreat – 01 March 2023 to 07 March 2023 (6 nights)

INR 39500/-- per person including tax

Please note that this is the price of the program only and it does not include accommodation at Avalon Inn, meals (except for breakfast on day 4), airport transfers, flights, treatments or personal expenses.

Day 1 – Wednesday, 01 March 2023

Arrive in Goa and check in at Avalon Inn

17:00 pm – Welcome refreshment is served in the garden. Teachers and participants meet and greet followed by a walk to Mandrem Beach and village.

19:00 pm – Dinner together at a venue within walking distance of the hotel.

Day 2 – Thursday, 02 March 2023

07:00 – 08:30 am – Morning meditation and Yoga (Vinyasa flow) with Lobsang Dema

08:30 – 09:00 am – Rose masala chai is served in the garden

09:00 – 10:30 am – Psychology of Flow with Esther Loopstra

Teachers and participants disperse independently for breakfast/brunch in the village and leisure time

16:00 – 17:30 pm – Feminine Embodiment and Empowerment with Sophie Alexandra Wurr

Teachers and participants disperse independently for dinner.

Day 3 – Friday, 03 March 2023 (same schedule as day 2)

14:30 – 16:00 pm – Bonus lesson featuring yoga food balance and nutrition with Rosa Heemskerk

Day 4 – Saturday, 04 March 2023

08:00 – 09:00 am – Breakfast (complimentary) is served in the reception hall at Avalon Inn

09:15 sharp – Bus to Panjim for spa and culture trip (bus hire is complimentary)

10:15 – 12:15 pm – Treatment of your choice at Snip Salon & Spa

12:15 – 12:30 pm – Walk to Fontainhas (Latin Quarter) to the lunch venue

12:30 – 14:00 pm – Lunch at Antonio 31 which serves excellent Goan fare

14:00 – 15:30 pm – Drive to Old Goa and visit the monuments

15:30 – 16:30 pm – Return to Avalon Inn by bus

17:00 pm – Beach walk to Arambol and dinner together, return to Avalon Inn by taxi (complimentary).

Day 5 – Sunday, 05 March 2023 (same schedule as day 2)

Day 6 – Monday, 06 March 2023 (same schedule as day 2)

Program ends at 17:30 pm

19:00 pm – Dinner together at a venue within walking distance of the hotel.

Day 7 – Tuesday, 07 March 2023

Check out from Avalon Inn and departure.

Accommodation

To book your cottage or villa room at Avalon Inn, please fill up the reservation form (<https://www.erikapearlvilla.com/reservations-bed-and-breakfast-goa.html>) on the Avalon Inn website and mention in the comments on the form that you want to register for the retreat.

Please note that the bungalows are reserved for the teachers for the duration of the retreat.

The tariffs quoted are per room per night including tax and service. The prices are the same for single and double occupancy. All rooms are equipped with double beds only (no twin beds or extra beds).

The number of participants is limited to those staying at Avalon Inn so that synergy in the group remains in the foreground.

Meals

We do not have a restaurant at Avalon Inn and do not serve meals. Only 5 minutes walk from our location there is a large choice of restaurants and beach shacks that serve various styles of cuisine. The cottages and villa rooms are all equipped with a fridge and a kettle to make them semi-self-catering. We gladly provide cutlery and crockery. Prior to the spa and culture trip on day 4, we will serve you a wholesome vegetarian breakfast free of charge consisting of homemade spreads, Goan bread, butter and jam, juice, tea or coffee, yoghurt, muesli and fresh fruit of the season.

Snip Salon & Spa in Panjim offers you a regenerating pause at the finest salon and spa in Goa. To view the treatments and rates visit <https://snip.co.in/assets/pdf/Panaji-menu.pdf>. To ensure smooth service at the salon, please select your preferred treatment(s) in advance and communicate your choice to Erika before your arrival at Avalon Inn.

Yoga Mats

In the spirit of good hygiene, we do not provide used yoga mats. Please either bring your own mat or indicate in your booking that you would like us to purchase one for you prior to your arrival for approx. INR 500/--.

It is recommended that you bring a journal to be used during intuitive art and writing sessions and to record your personal notes.

Deposit and Cancellation Policy

The number of seats in the retreat is very limited. Rooms at Avalon Inn are held in the order in which bookings are received.

To secure a booking for the retreat we require 100% of the accommodation paid in advance by electronic transfer into our bank account with the program fee due on arrival in cash. We accept USD, Euro, GBP and Indian Rupees. We do not have a credit card payment facility.

In the event of cancellation for whatever reason, the deposit will not be refunded or made transferable. The same holds true in case of no-show.

If you need further information, please feel free to contact Erika by email at info@erikapearlvilla.com