



8 DAYS
/
7 NIGHTS

Cultivate your connection with yourself and community in the midst of the south Indian jungles.

Saundarya retreat

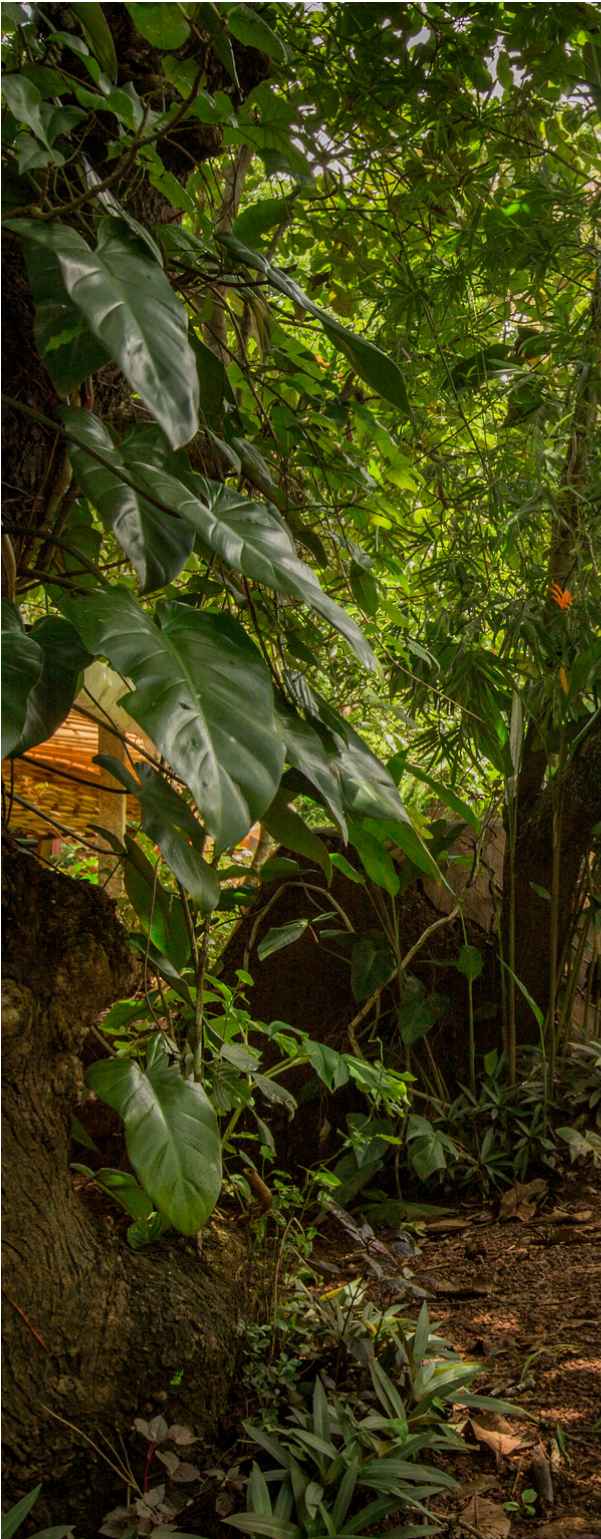
Connect through NATURE

Nature helps us get in touch with ourselves and our surroundings. The magical South Goan forests around us during our retreat will allow us to experience a true connection with the Earth.

Expand through YOGA

Yoga is a way of living. Through our daily practices, we'll be diving deeper in the awareness, the beauty, and the well-being that yoga can help us achieve.

Experience the generosity and grace of the Earth.



8-day Yoga Retreat in the jungles of South India

The **Saundarya Retreat** is a gentle invitation to reconnect—with yourself, with others, and with the abundant beauty of the **South Indian jungles**. Set in the tranquil **eco-village of Khaama Kethna**, this 8-day retreat offers a **peaceful escape** from the demands of daily life.

This retreat is for those who crave **simplicity, stillness**, and a chance to **breathe deeply**. Saundarya Retreat is more than just a getaway; it's a journey to **find grace and connection** in the midst of nature's quiet generosity.

Develop your connections in the perfect surrounding.

Highlights

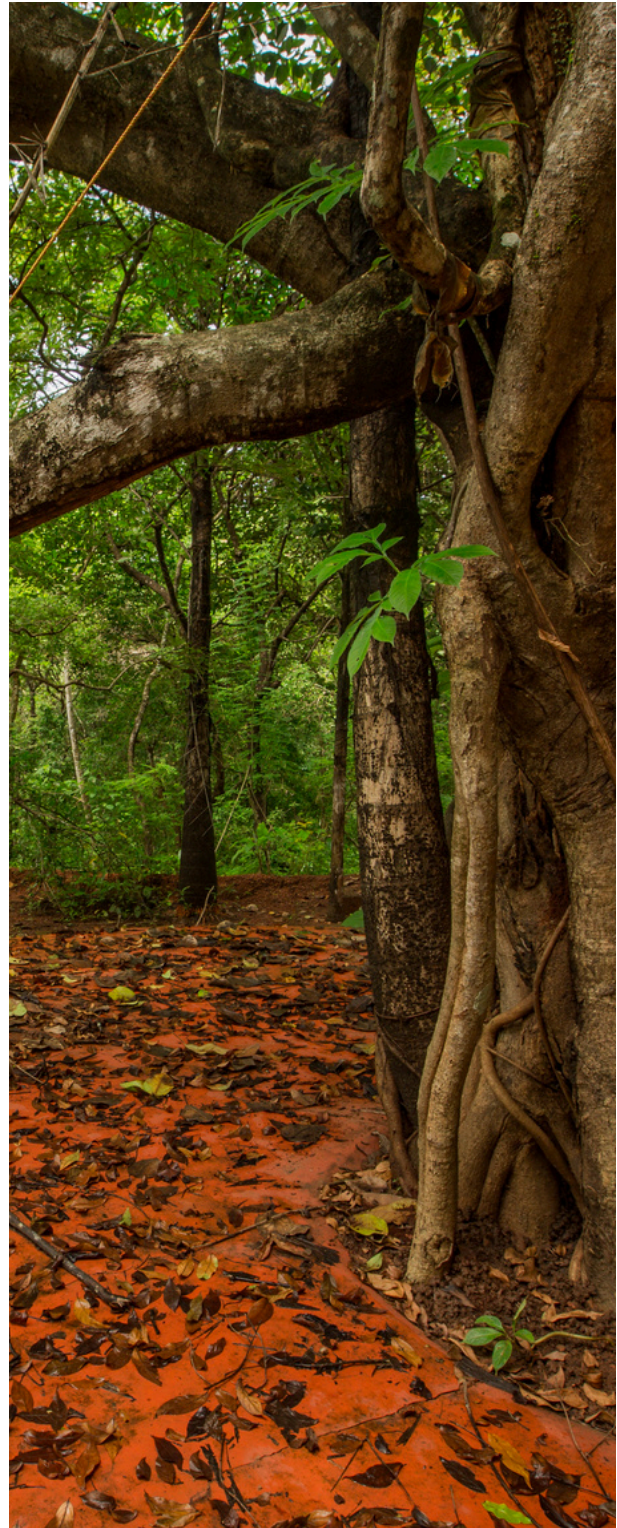
- **Accommodation** surrounded by nature, in the **South Indian jungles of Goa.**
- **Daily practices** of Hatha Yoga, Pranayama, and yogic philosophy discussions.
- Visit of the **Cotigao Wildlife Sanctuary** and **Netravali Wildlife Sanctuary.**
- Workshop on **Yoga Therapy.**
- Sattvic and vegetarian **healthy meals.**
- One-on-one **Yoga Therapy session** to manage your health and well-being.

Details

Duration: 8 days / 7 nights

Price:

- *Double occupancy* 41,000 rs (520 USD)
- *Triple occupancy* 37,000 rs (480 USD)
- *Single occupancy* 52,000 rs (660 USD)





Stay on a dreamy eco-resort...

Khaama Kethna

Located in the heart of **Agonda**, the Khaama Kethna eco-village is the perfect place to sink into the **silent stillness of nature**.

Their eco-cottages are **handcrafted** and are the perfect example of a modern way to **live as close to the earth as possible**. The area is wide open to the symphony of its inhabitants and built in a simple, comfortable, and refreshing manner.

The eco-village is secluded from the hustle and bustle of the beach and surrounded by the peace and tranquility of **uninterrupted nature**.

It is the dream place to learn to **live with less** but **experience so much more**.

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Connect with yourself through yoga ...

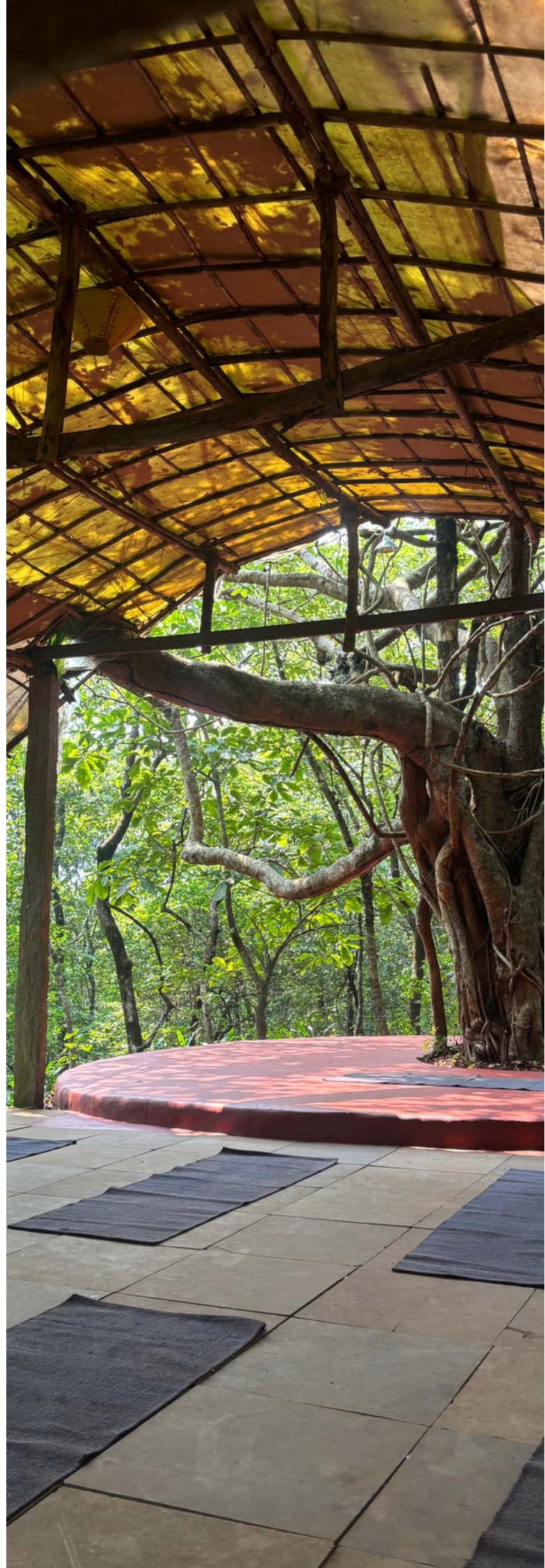
Our Saundarya Retreat incorporates a **simple and enjoyable yoga routine** to the daily life at the Khaama Kethna eco-village.

Each day moves with ease: **morning yoga and pranayama** followed by a **nourishing breakfast** and a **philosophy circle**.

The day then flows between time for rest, individual yoga therapy session, and a nature or village walks. We swim in **waterfalls** and **natural pools**, explore the **dense jungle**, and make connections with the locals.

We slowly end the day with a **sunset Hatha Yoga** practice that deepens our connection to self and earth.

As the night settles, we gather for a soulful, healthy dinner and enjoy the time together, creating community and grace.



Align with nature...

The Saundarya Retreat also wishes to create a deep **understanding of our relationship with nature.**

Through the exploration of two **wildlife sanctuaries** of South Goa, we will have the opportunity to learn about the **plants and herbs** locally used for medicine, teas, and food. We will integrate this new knowledge with a practice of **Yoga Nidra in the forest.**

Our exploration of our connection with nature won't stop there. A yoga therapist will help us dive deeper into **nature's healing power** and guide us in implementing **simple acts of connection with nature** into our daily lives.



Meet your teachers for the retreat



Himanshu Joshi

Having completed his master's degree in Yogic science in 2020, Himanshu is teaching and practicing yoga since more than 7 years now. He teaches Hatha, Ashtanga, Yoga Therapy, Pranayama, and Shatkarma at our studio in Rishikesh and knows and enjoy discussing philosophy.

He'll accompany you in this experience with his ever-lasting smile and positivity.



Sarah-Jeanne Baron

Originally from Montreal in Canada, Sarah-Jeanne has worked in physical therapy before moving to India permanently.

She practices yoga for many years and teaches anatomy and yoga therapy in our studio in Rishikesh.

She is behind the organization of the retreat and other activities of Japam.



Join us in our journey
towards awareness

Inclusions

Transport (from/to the Wildlife Sanctuaries and other included activities). **Accommodation** (7 nights). **Food** (breakfasts, lunches, dinners, tea and coffee). **All classes** of Pranayama, Hatha Yoga, Yoga Therapy, and Yoga philosophy, Yoga Nidra. **Workshop** on Yoga Therapy. **Excursion** in Cotigao and Netravali Wildlife Sanctuary.

Exclusions

Tips for the driver, guides, and teachers. Extra drinks and snacks that are not mentioned in the inclusions. Extra transport that is not mentioned in the inclusions.



