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# SURF AND YOGA RETREAT



OCTOBER

12TH - 19TH - 2019

GOA



SEVERAL SURFERS AND YOGIS HAVE MENTIONED THE SYMBIOTIC NATURE OF THE TWO DISCIPLINES.  
'SURFING PROVIDES AN EXPERIENCE OF 'YOGA.' ONCE I BEGAN TO PRACTICE YOGA,  
I RECOGNIZED THAT SAME KIND OF 'IN THE MOMENT' FLOW OF AWARENESS.'  
(TIM MILLER -SURFER, YOGI & AUTHOR)



Spend 6 days with us learning or enhancing your surfing and yoga on one of the most pristine stretches of beach in North Goa. This active retreat is designed for the body and mind. We have ISA Certified (International Surfing Association) instructors on hand to guide you through the beautiful experience of harnessing the ocean's power. Couple this with your daily yoga practice in the beautiful surroundings this 6-day retreat is a must do for anyone looking to leave the daily hustle of the city behind. Your days will be spent nestled under the coconut trees with ocean vistas, morning surfs, afternoon yoga sessions and indulging in the variety of healthy, nutritious food that Prana Café has to offer.







## SURF AND YOGA RETREAT

### VAAYU SURF SCHOOL

Vaayu surf school is a huge part of the Vaayu experience, with the school going into its seventh year. It's fully insured and teaches over 400+ students a year. Our instructors are ISA certified with a wealth of knowledge and will be sure to have you riding waves in no time! Our location is perfect for the novice with gentle beach breaks, it is hands down one of the best places to learn the beautiful art of surfing. For the more experienced surfers out there, these waves will have you feeling like a pro. Skip the lessons, grab a board and hit the water. That guy you'll find walking around with the permanent smile - that's Vicky our resident surf instructor he's been teaching for the last 10 years. His knowledge of the ocean coupled with his free spirited nature will have you laughing and enjoying every minute of your lessons.



**"IT'S A SENSE OF PEACE AND TRANQUILITY  
THAT ALLOWS ME TO BE FULLY IN THE PRESENT,  
CONNECTED TO NATURE AND THE OCEAN  
- IT'S MY MEDITATION"**

(VAAYU'S CO-FOUNDER  
RAHUL ON WHY HE LOVES SURFING)







## SURF AND YOGA RETREAT

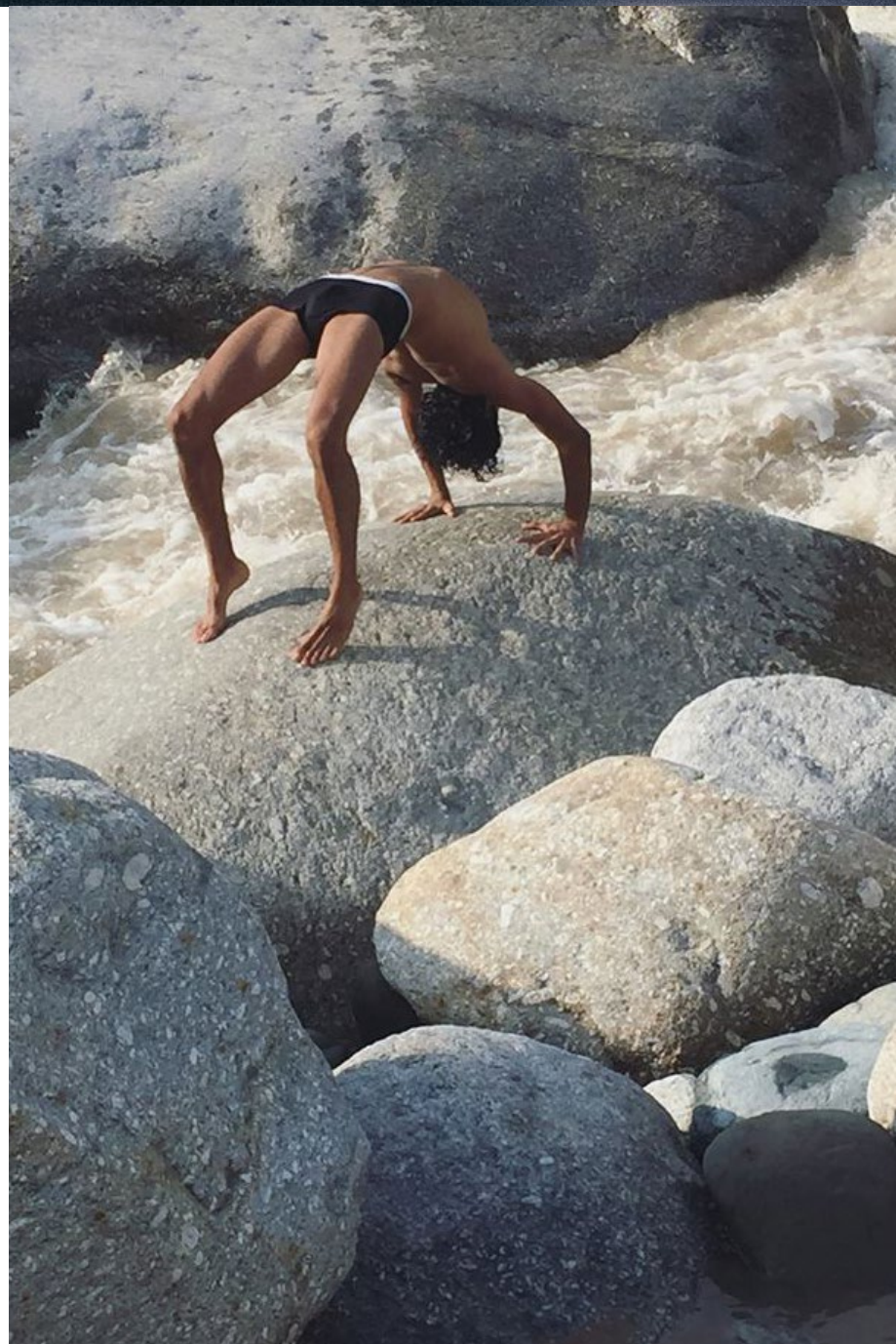
### MIHIR JOGH

Mihir, started his journey into the world of Yoga in the heart of Mumbai. Amongst the hectic pace of the city he found his practice enriched his well-being deeply. Since then the study of Yoga has taken priority in his life and led him to many incredible places and teachers.

He has developed his practice with extensive studies in alignment techniques, therapeutic adjustment, functionality and flow, exploring a range of styles, from Iyengar to Ashtanga. He believes each has its benefits, dependent on the student's needs.

What he endeavors to awaken in each student is an understanding of how structural alignment in the body can be achieved. How to access a feeling of freedom and he hopes to build independence in each student's understanding of what their body needs.

HE IS EXCITED TO SHARE HIS PRACTICE FOR  
THE 6 DAY RETREAT AT VAAYU VILLAGE.







## SURF AND YOGA RETREAT

### THE YOGA

Look forward to dynamic morning asana flows to mobilise and energise the body before hitting the waves, and grounding, alignment-based practice post-surf to restore and stabilise. You will experience Mihir's characteristic in-depth instruction, precise adjustments and Mihir's light, fun and caring nature.

He will also share his knowledge of Kriyas and Pranayama techniques to support you to regulate and free your breath whilst on the board.



**MIHIR SPENT MUCH OF HIS CHILDHOOD ON ASHWEM BEACH. HE LOVES TO BE CONNECTED WITH NATURE AND CANNOT WAIT TO ALIGN HIS BODY, MIND AND SPIRIT WITH YOU BY THE SEA!**











## SURF AND YOGA RETREAT

### OUR SPACE

Nestled under the coconut trees, a stones throw from the beach sits our hotel. At Vaayu we aim to inspire a lifestyle driven by adventure, creativity and fun, while having a positive impact on our community and the natural environment.

Vaayu set out in 2013 with a purpose to bring together a community of like-minded people. Those with a sense of adventure and with a care for their environment.

Vaayu is an eco-friendly space, with traditional Tamil Nadu style architecture utilizing bamboo and other eco friendly materials.

ART IS A SUBSTANTIAL PART OF VAAYU. OUR ENTIRE PROPERTY IS DECORATED WITH BEAUTIFUL PIECES COURTESY OF ARTISTS FROM OUR RESIDENCY PROGRAM. WE LOOK FORWARD TO WELCOMING YOU TO OUR SURF & YOGA RETREAT.







## SURF AND YOGA RETREAT

### NOURISH YOURSELF

Prana Café's, Chef Varoon Nair, serves a range of tropical inspired dishes. Finding inspiration everywhere, the menu draws from his own travels, and the flavours and finesse of Southeast Asia. Designing a menu that supports the health and sustainability of both our community and the planet. Seasonal, locally-sourced, and always fresh: the holy-trinity as far as we're concerned. With plenty of vegan, gluten-free, and vegetarian options our aim is to provide you with the ability to choose between healthy dishes, without being prescriptive, and indulge yourself when you choose to.

An artist in the kitchen, Varoon's colourful and creative style of cooking means his dishes look as good as they taste.

#### DAILY F&B

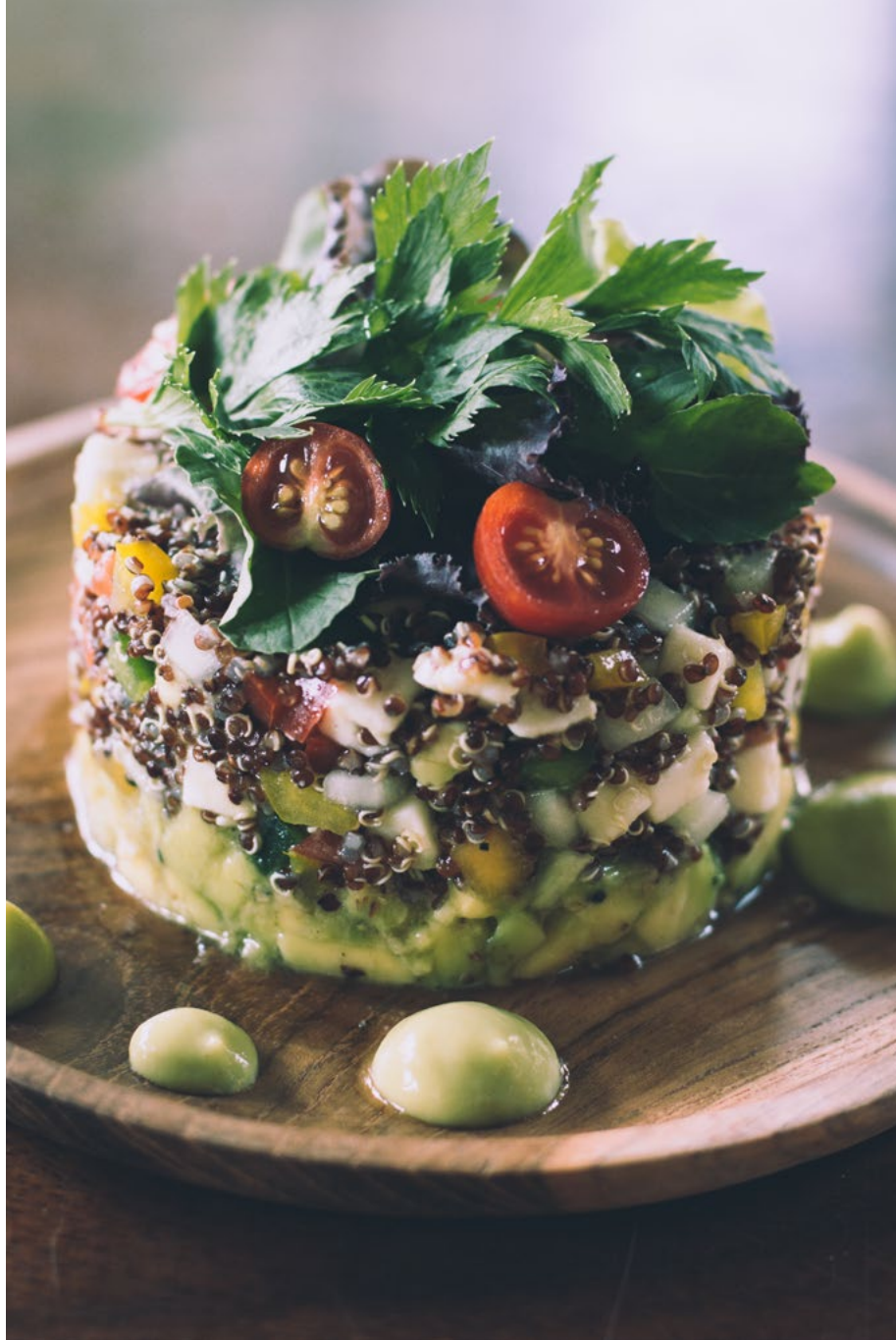
HERBAL TEA

FRESH JUICE & FRUIT BOWL

LUNCH

SMOOTHIE

DINNER







## SURF AND YOGA RETREAT

### SCHEDULE

#### ARRIVAL DAY 12TH OCTOBER:

**1PM** Onwards Check in

**4.30PM** Meet & Greet

**7PM** Dinner

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**7:00-7:15** Herbal Tea.

**7:15-8:15** Inversions, Pranayama - breathing.

**8:15-8:45** Short break with a juice  
& a small Fruit bowl

**8:45-9:15** Dynamic Yoga on the beach.

**9:15-11:15** Surf lesson.

**12:00** Lunch.

**12:30-3:30** Freetime.

**3:30-5:00** Alignment and restorative Yoga

**5:00** Smoothie

**5:00 - 7:00** : Beach time or go for a surf.

**7:00** Dinner.

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#### DEPARTURE DAY 19TH OCTOBER:

**9AM** Breakfast

**11AM** Check out







## SURF AND YOGA RETREAT

### STAY

#### VILLA

- Our deluxe rooms are located within a separate villa, a stone's throw away from Vaayu.



- Featuring a large open-air terrace with a stunning view of the beach and ocean - the ultimate place to lay back and unwind.



#### AC ROOMS

- Offers simple yet comfortable accommodation in the heart of the property.
- Each room has an outdoor seating area cocooned by birds of paradise.







## SURF AND YOGA RETREAT

### STAY

#### WOODEN CABINS

- Our traditional wooden cabins offer a rustic experience that connects you with nature and the village surroundings.
- These rooms use a traditional Tamil Nadu architectural style which utilizes bamboo. The end result is an eye-catching structure that has a rustic look.



#### DUPLEX (4 PERSON SHARED ROOM)

- Perfect for a group of friends and unique with a view of the ocean and an outdoor bathroom.
- The Duplex will be sold as a dorm style accommodation for a maximum of 4 guests.



#### COCONUT DOME

- This is a beautifully crafted, bamboo styled circular room. It features a double bed, a mosquito net and wall fans with no attached bathroom, it is perfect for the conscious traveller on a budget.







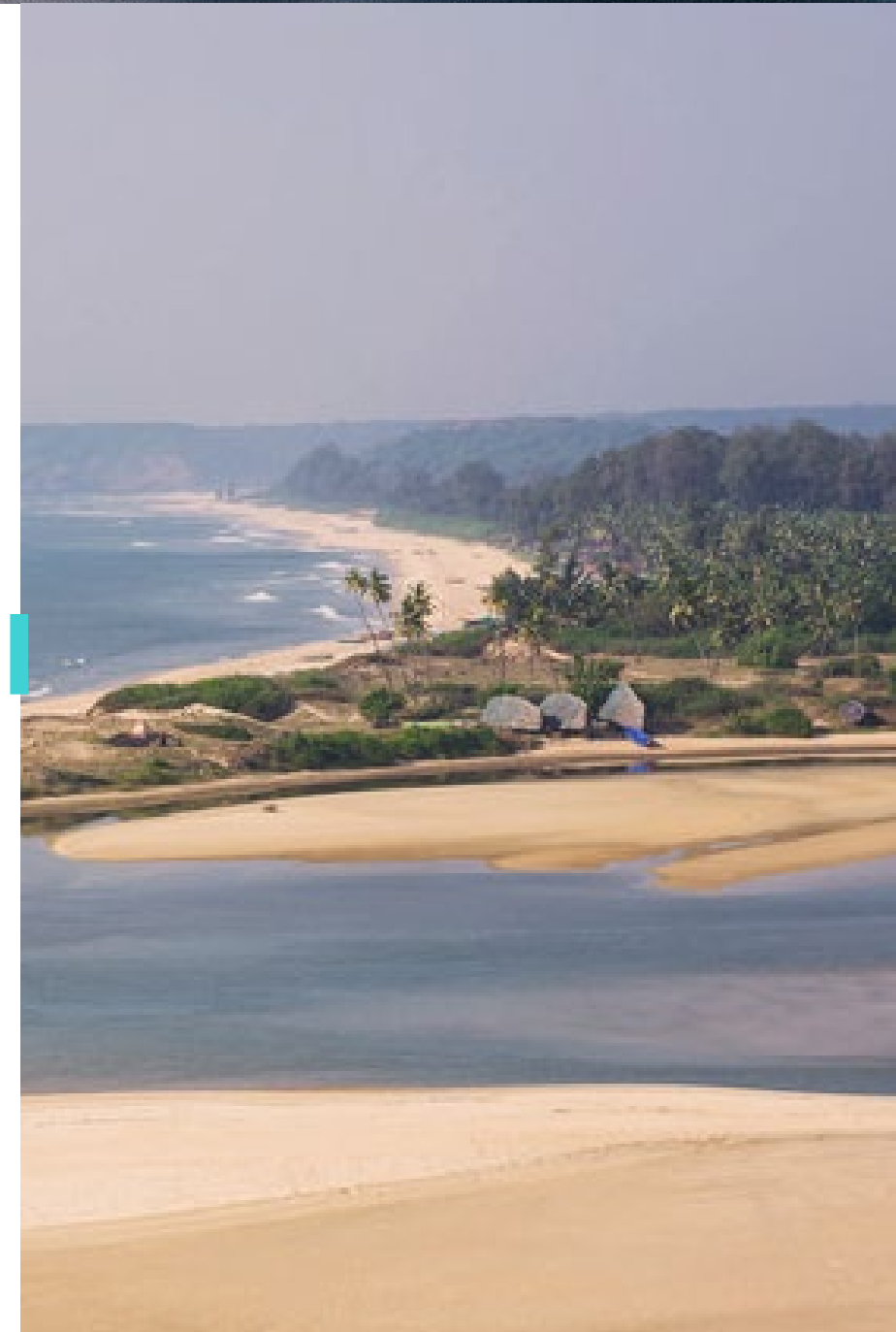
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SURF AND YOGA RETREAT

## SURF TRIP

On the last day of your retreat we'll take you to a secluded beach, an hour north of Vaayu Village in South Maharashtra.

Here you'll surf and enjoy lunch on this pristine stretch of beach, commonly known as 'Paradise Beach'. Surfing at this private beach is the perfect way to end your 6 day course.

**Tick off 'Surf Trip' from your bucket list!**







## SURF AND YOGA RETREAT

### PRICE PER PERSON

INCLUDES ROOM, SURF LESSONS,  
YOGA AND MEALS (AS SPECIFIED)

PLEASE INFORM US IF YOU'D LIKE TO ADD AN  
ADDITIONAL PERSON AND WE WILL ADJUST  
THE PACKAGE PRICE ACCORDINGLY.

**VILLA ROOM - INR 65,000**

**AC ROOM - INR 60,000**

**WOODEN CABIN - INR 49,000**

**COCONUT DOME - INR 42,500**

**DUPLEX (SHARING) - INR 41,000**

TO BOOK PLEASE EMAIL US AT [INFO@VAAYUOCEANADVENTURES.IN](mailto:info@vaayuocceanadventures.in)  
IN YOUR BOOKING PLEASE LET US KNOW WHICH ACCOMODATION OPTION YOU  
WOULD LIKE AND IF THERE IS AN ADDITIONAL PERSON ACCOMPANYING YOU.





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[WWW.VAAYUVISION.COM](http://WWW.VAAYUVISION.COM)

