



## Love and News from Bamboo Summer 2018

[Voted the best yoga, mindfulness and fitness breaks for 2018 by  
The Guardian Newspaper](#)

### **Bamboo Goes Greece!** **Antiparos, 22-29 September 2018** ***Places still left!***



As part of our new vision to expand our activities beyond our spiritual home in South Goa, Bamboo Yoga is excited to announce that we will be holding the second of our new summer 'pop-up' yoga retreats on the beautiful Greek island of Antiparos from 22-29 September 2018!!

[Nourish and Flourish with Yoga and Mindfulness: An Equinox Toolbox  
for the Change of Seasons](#)

Antiparos, Greece, Saturday 22nd - 29th September 2018 (8 days)

Join our yoga teacher Dina Cohen for a week of Yoga and Mindfulness - a week to nourish and replenish, soaking up the best of the late Summer rays to sustain us through the change of seasons.

Dina Cohen is a very special teacher who has been running very popular retreats with Bamboo every January in Goa for over 8 years. Her retreats always get booked up very quickly, so don't miss out on this one!!

**We are offering an Early Bird Bamboo loyalty discount of €90 if you book before 30 June 2018. There are still places left, so reserve your place now to avoid disappointment!! Click on the more info button below for more details, including details of how to book your place.**

## MORE INFO

Here are some pictures from our first Bamboo Goes Greece retreat, held at the same venue in May 2018. The retreat was unanimously deemed a great success, and the venue achieved a rating of 10/10 from all our guests, in all aspects! You can see posts and other pictures from the retreat on our [Bamboo Facebook page!](#)





## **WHAT'S ON AT BAMBOO NEXT SEASON!**

**Join us for a Yoga Holiday, a Yoga Retreat  
or Teacher Training!**



## Bamboo Vinyasa Yoga Teacher Training

### [Vinyasa Yoga Teacher Training - 200hr Hatha](#)

[with Carol Murphy and Dan Morgan](#)

[24 November - 19 December 2018](#)

[\(26 days\)](#)

We are delighted to welcome back to Bamboo later this year Carol Murphy and Dan Morgan, who once again will be running our 26-day Vinyasa Yoga teacher training programme, from 24 November - 19 December 2018. There is an early bird discount of €175 (€125 for shared occupancy) if you book your place before 20 August 2018! Click on the link above for further details.



## Bamboo Yoga Retreats in 2018-19



We have a number of Yoga retreats already booked in for 2018-19. Further information on each retreat is available below and via the [Bamboo webpages](#).

#### [Vinyasa Soul](#)

with Jenn Russell

19 - 26 November 2018 (8 days)

#### [Forrest & Restorative Yoga Retreat](#)

with Craig Norris & Ellie Di Martino

1-8 December 2018 (8 days)

#### [Yoga and Mindfulness - A New Year's Resolution](#)

with Dina Cohen

4-13 January 2019 (10 days)

#### [A Yoga Holiday of a Lifetime](#)

with Regina Kerschbaumer

13-20 January 2019 (8 days)

#### [Dynamic Deep Yoga Immersion](#)

with Jeff Phenix

9-16 February 2019 (8 days)

#### [Surrender](#)

with Lisa Messina

18-24 February 2019 (7 days)

#### [Let It Flow](#)

with Jenn Russell

7-14 March 2019 (8 days)

We are also setting up a **Bamboo loyalty system** as we have so many lovely guests that return year after year, so if this is you or if you have visited Bamboo before please send us an email to [info@bamboo-yoga-retreat.com](mailto:info@bamboo-yoga-retreat.com) and we will give you a personal code for you to use every time you book with us. This will entitle you to a **8% discount on all your Yoga Holidays at Bamboo**. Please use the code at the time of booking. This offer is not be used in conjunction with any other offers.



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