



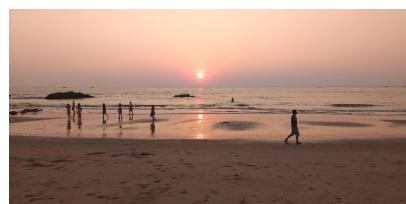
## EASTER NEWS FROM THE BAMBOO CREW



The sun is beginning to set on another fantastic season here at Bamboo Yoga, and we've enjoyed hosting so many wonderful guests, old and new. All of our guests continuously inspire us with their open hearts and free spirits, and by the many friendships formed here at Bamboo every season!

A massive heart and thanks to everyone who has been involved in making this season so much fun!

We're now open for bookings for [Yoga Holidays](#) and [Yoga Retreats](#) at Bamboo for October to May next season!



**Bamboo Goes Greece**  
**May Bank Holiday, Antiparos**



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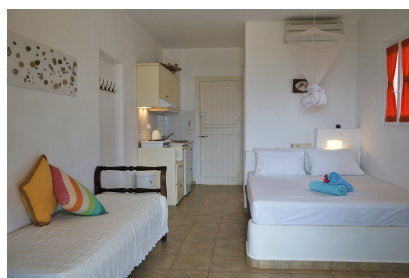
Start your summer off serenely by joining us on the heavenly Aegean island of Antiparos for our May pop-up yoga holiday with Dina Cohen!

A week of strengthening and stretching the body with Dynamic Flow Vinyasa Yoga; sinking into deep relaxation with Yin, Restorative and Yoga Nidra; and letting go of unhelpful habits whilst opening up to fresh ideas through nourishing breathing, Qi Gong and Mindfulness practices. All delivered in a step-by-step format, suitable for beginners as well as more experienced practitioners.

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

**We're offering a late bird discount of 50€ on all new bookings for the May Antiparos retreat, [so book your place now](#) (please quote code BamGRE50 at time of booking)!**

{% endif %}



Or if you're unable to join us in May, check out our other Bamboo Goes Greece pop-up yoga holidays taking place this summer! Click on the flyer below for further information.



## BAMBOO GOES GREECE 2019

Dina Cohen 23/5 - 30/5  
Myria Zanetti 14/9 - 21/9  
Jeff Phenix 22/9 - 29/9  
Jenn Russell 28/9 - 5/10  
Christina Grossi 30/9 - 6/10



## Sign up for next season's **Bamboo Yoga Teacher Training** Course

**Get ready for a life-changing month! Develop your inner guru, expand your potential and effectively inspire others to lead a life of passion.**

Our in-house 200-hour Teacher Training course is led by our very own Jenn Russell, our resident teacher for the past five years, and the incredible Anna Sugarman, international yoga teacher, teacher trainer and retreat leader.



During this extraordinary four-week immersion you will build a powerful platform of anatomical, philosophical and adjustment-based knowledge from which to elevate your own yoga practice and guide others through classes that heal,

inspire and inform.

Learn to incorporate the elements of yoga into purposeful sequencing. Practice teaching and receive feedback. Develop your skills and confidence. Discover your individual potential and unique voice as a teacher. Our creative approach will prepare you to shine your extraordinary light – on and off the mat.

**Are you ready to make magic?**



Our 200 hour trainings are 27 nights and 28 days of awesome! Practice, learn and play six days a week in our oceanfront shala. Take each Sunday off to enjoy the charm of Goa, the beach, and some quiet down-time.

We believe that a good teacher training doesn't rush the process. It allows time to fully immerse, reflect and absorb the teachings. And we deeply wish for you to really enjoy Goa and all it has to offer!

It is our heartfelt intention for you to leave with heightened awareness, expanded confidence, elevated relaxation – ready to take the teachings of yoga home with you.

Your package will include:

- 27 nights accommodation in either a private or twin shared bungalow with en-suite bathroom
- Three healthy veggie meals a day
- All tuition from three world-class teachers and your training manual
- 200 Hour YTT Certification accredited with Yoga Alliance upon successful completion

[SEE HERE FOR MORE INFORMATION](#)



## Join the Team here at Bamboo!



We're seeking to expand our team at Bamboo and are looking for two special people to join us here in South Goa from October to May next season!

We are looking to recruit a new special **Yoga teacher** for Bamboo next season who is experienced at teaching multi level classes with ease and comfortable with teaching multi discipline yoga styles.

We're also looking for an enthusiastic, easy-going and super smiley **Social Media, Blogger and Instagram whizz** with a passion for yoga to serve on our front desk at Bamboo and to manage our social media interactions.

It's all about family here at Bamboo!

If you are or know anyone with a friendly special personality that would fit into our team then please [email us](#) with a full



## Introducing Bamboo River!



Bamboo River is our exciting new retreat training centre, nestled quietly amidst lush green jungle on the bank of the Talpona River, with 70 metres of beautiful south-facing tidal river front.

Bamboo River is secluded and peaceful, so it's perfect for hosting any kind of retreat, with the wind through the palm trees, monkeys and lots of birds and quiet meditation river walks.

Imagine kayaking on the river after brunch and practising yoga amidst serene nature!

Bamboo River boasts two riverside shalas, and there is a natural swimming pool in our garden, so it's perfect for lovely poolside lounging in the afternoons or relaxing in the shade at the restaurant. There is an onsite spa and treatment room too!

The eco bungalows at Bamboo River are slightly bigger than those at Bamboo Beach, with bigger balconies and, of course,

hammocks!

Bamboo River is a much more authentic local Goan experience than our Bamboo Beach location, with the opportunity to gain an insight into local Goan life and access to the special off-the-beaten track southern beaches that few tourists get to spend time at!

The retreat is only a ten-minute ricksaw ride from Patnem and just a few kilometers from two of the most stunning beaches in the whole of Goa – Talpona beach, with its pristine kilometre-long shoreline fringed by rare palm and pine trees, and Galgibag (or Turtle) Beach, famous as a nesting site for the Olive Ridley turtles. We will have bicycles and rickshaws available on demand to take guests out to these and the other local beaches, for day trips or to visit local restaurants.

Further details will follow in our subsequent newsletters.

In the meantime, if you would like to run a retreat or training programme with us, then please [contact us](#).



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