



## A HAPPY NEW YEAR FROM BAMBOO!

**Banish the Winter Blues and kick start your  
2019 with a rejuvenating  
Yoga Holiday or Yoga Retreat  
here at Bamboo Yoga!**

**Relaxation and inspiration await you this New  
Year on a sunny tropical beach.**



The combination of incredible guests old and new and amazing staff made Christmas and the New Year very special here at Bamboo.

We bade farewell to 2018 with a meditation and prayer circle which finished with our guests releasing flowers from the mala into the sea and then following them in for a sunset swim!





We'd love for you to join us here! So come and get inspired with us this New Year in our little corner of paradise on the beach in South Goa, where sunshine, Shala-time, serenity and spectacular sunsets are guaranteed!



Our [new automated system for booking Yoga Holidays at Bamboo](#) means that you can now check availability for your yoga holiday, choose your dates and your preferred bungalow and book it all online.

See more information about our Yoga Holidays  
and book a Yoga Holiday with us!

We are also excited to announce that all our guests are now able to enjoy hot showers after a yoga session in the Shala or a dip in the Arabian Sea!



Here's what some of our recent guests have said:

*"Bamboo Yoga Retreat was far better than I expected. I loved the low*

*key atmosphere, the relaxed staff who treat you like family, the eco-friendly huts with outdoor private showers and most importantly the vibe created by other guests, usually whom are also solo travelers, that welcomed each new guest to the group with open arms. The huts are comfortable and have just what you need, a welcome difference to bland hotel rooms. The yoga instructors were lovely and the fairly relaxed schedule of twice a day yoga with a large brunch buffet meant there was just the right amount of structure to encourage people to get together while allowing you some time alone if you felt like it."*



*"I just spent 4 days here and loved it. Very lovely relaxed vibe, fabulous food, great yoga and meditation, lovely people - staff and guests. This is a high quality experience in a relaxed environment....Before I went I scrutinised reviews and procrastinated. Don't bother - just book and you will love it"*



*"For my first yoga holidays, I didn't know what to expect and found the experience in Bamboo yoga retreat perfect. Very friendly and helpful staff. Experienced yoga teachers who really take care of everyone during the class. Huts very clean and beds are comfortable. Would go back !"*





*"This is my second stay at Bamboo... It was magic all over again!...The whole vibe of Bamboo is relaxed, warm, really friendly staff and fellow travellers and yoga calm. The food is absolutely wonderful...you will fall asleep every night listening to the waves, the crows, the dogs and feel so very blessed to have the opportunity to be at a place like this, on a beach like this."*



*"Absolutely loved our time at Bamboo. It was amazing. The staff are so welcoming and helpful. The food I have missed so much because every day was different and excellent. They could do a cook book.... We have all come back transformed in many ways."*

## Retreats We're Hosting in 2019



Join us in 2019 at Bamboo on one of the following retreats (see links for further information on each retreat):

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

with Jeff Phenix

9th-16th February 2019 (8 days)



### [Jivamukti Yoga Retreat](#)

with Nadine Weerts & Petros Haffenrichter  
17th-24th February 2019 (8 days)

### [Surrender](#)

with Lisa Messina  
18th-24th February 2019 (7 days)

### [Bettina Lietz Retreat](#)

25th February-9 March 2019 (12 days)

### [Let It Flow](#)

with Jenn Russell  
7th-14th March 2019 (8 days) *[FULLY BOOKED]*

Or if you can't join us here in South Goa this Winter or Spring for a yoga holiday or retreat, why not check out our pop-up yoga holidays in Europe this Summer...



## BAMBOO GOES GREECE 2019

Dina Cohen 25/5 - 1/6  
Myria Zanetti 14/9 - 21/9  
Jeff Phenix 22/9 - 29/9  
Jenn Russell 28/9 - 5/10  
Christina Grossi 30/9 - 6/10

Join us on the beautiful Aegean island of Antiparos next summer for the following pop-up yoga holidays!!

[Antiparos, 25th May-1st June 2019 - with Dina Cohen](#)

[Antiparos, 14th-21st September 2019 - with Myria Zanetti](#)

[Antiparos, 22nd-29th September 2019 - Jeff Phenix Retreat](#)

[Antiparos, 28th September - 5th October 2019 - with Jenn Russell](#)

[Antiparos, 30th September - 6th October 2019 - Christina Grossi Retreat](#)

Book with us now

We're always on the look-out for new and inspiring European venues to host our summer pop-up holidays, so we'd welcome any suggestions of places or specific times of the summer that you feel

would be ideal. Please feel free to email suggestions to us at [info@bamboo-yoga-retreat.com](mailto:info@bamboo-yoga-retreat.com).  
In the meantime, check out pictures from our Summer 2018 pop-up  
Greek retreats below!







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