



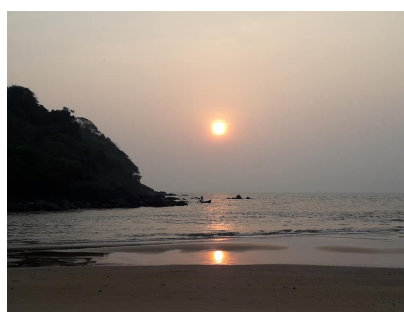
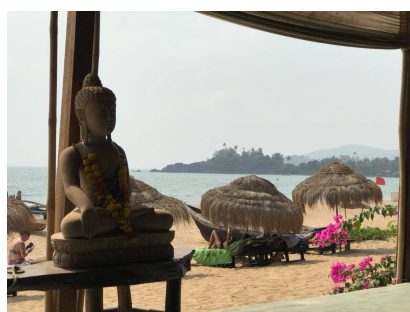
Love and News from Bamboo November 2018

**Voted the Best Yoga, Mindfulness and Fitness
Breaks for 2018 by
The Guardian Newspaper**

**Join us in South Goa this season for a Yoga
Holiday, a Yoga Retreat or Teacher Training!**



The new season is now underway here at Bamboo! Already we've hosted some wonderful guests, and we're looking forward to welcoming lots of new and old guests in the coming weeks and months!



We're also proud to announce that we are installing hot water solar panelling this season, which will mean that all of our guests will be able to enjoy eco-friendly hot showers after a yoga session in the shala or a dip in the Arabian Sea!

Spaces still left on our Teacher Training Course for 2018-19!



Vinyasa Yoga Teacher Training - 200hr Hatha

with Carol Murphy

24th November – 19th December 2018
(26 days)

We are delighted to welcome back to Bamboo later this year Carol Murphy, who once again will be running our 26-day Vinyasa Yoga teacher training programme from 24th November - 19th December 2018.

We still have some spaces left on this year's course -- **and we have applied a late-bird discount of 10% on prices for our Teacher Training course for 2018-19 (prices are as indicated via the above link).**

So if you've been thinking about becoming a yoga teacher, then why not join us at Bamboo this November!

"Carol delivered everything promised of her 200 hour Vinyasa training, and more! She was supportive, encouraging, kind, intelligent and talented in her work as a teacher — I didn't have the strongest asana practice when I arrived but the right motivational words from Carol saw me through to the end and I am now a qualified teacher!...Cannot recommend the course enough."

[Book on our Teacher Training course](#)



We are open now for Yoga Holiday bookings for throughout the season which runs from October - May!!

With at least two group yoga classes and a guided meditation every day, you can create your own itinerary. So whether you want to completely immerse yourself in yoga practice, take some time out for sightseeing or just have some lazy days on Patnem beach, our versatile yoga holidays in South Goa, India are the perfect option. Click on the Yoga Holidays icon above for further details!

Our new automated system for booking Yoga Holidays at Bamboo also means that you can now check availability for your Yoga Holiday, choose your dates and your preferred bungalow and book it all online! See the 'Book Now' button below.

[Book a Yoga holiday now](#)



"This was my first yoga retreat and what a great experience. The instructors and staff are very friendly and so helpful. Loved the outside shower and the view of the beach from the yoga platform is absolutely stunning"



"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."



Bamboo Yoga Retreats in 2018-19



We're hosting a number of Yoga retreats during 2018-19. Join us on one of these for the dates indicated below. Further information on each retreat is available via the links below and via the [Bamboo webpages](#).

[Vinyasa Soul](#)

with Jenn Russell

19th-26th November 2018 (8 days)

[Forrest & Restorative Yoga Retreat](#)

with Craig Norris & Ellie Di Martino

1st-8th December 2018 (8 days)

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

with Dina Cohen

4th-13th January 2019 (10 days)

[A Yoga Holiday of a Lifetime](#)

with Regina Kerschbaumer

13th-20th January 2019 (8 days)

[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)

Let It Flow

with Jenn Russell

7th-14th March 2019 (8 days)

Bamboo Goes Greece!

We will once again be offering our soul-feeding summer pop-up yoga holidays in Greece!! Dates for 2019 are as follows, and further information is available via each of the links:

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

[Antiparos, 14th-21st September 2019 - with Bamboo Yoga](#)

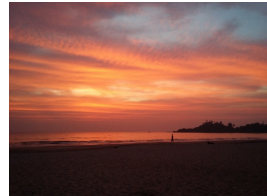
[Antiparos, 22nd-29th September 2019 - Jeff Phenix Retreat](#)

Antiparos, 30th September-6th October 2019 - Christina Rossi Retreat

Here are some pictures from one of our summer 2018 Bamboo Goes Greece yoga holidays.







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