



See out the summer on our September Greece pop-up island retreats

It's just a over a week until the next of our wonderful
Bamboo Goes Greece 'pop-up' retreats on the stunning island
of Antiparos.



Join our very own resident teachers Myria Zanetti and Jenn Russell for a week of yoga and meditation amidst the serene tranquility of this off-the-beaten-track island paradise.

If you have forgotten to book, it's a great time to do so as there are still a few places left and flights to Greece are cheaper now than during the High Season. **We are also offering a 50 Euros late-bird discount on the regular price -- so hurry and book you place now!**

[BOOK YOUR PLACE NOW!](#)



"I'm very new to yoga, but the yoga teachers were amazing. Myria and Jenn are so experienced and offered lots of alternative versions to suit different levels... In just a week, I can already see a difference in my own yoga practice."

TripAdvisor review







Join us at our brand-new BAMBOO RIVER location

**Yoga on the River Retreat
with Terhi & Myria
4th-11th January 2020**



Start the New Year with a wonderfully nourishing retreat for the body and the soul at our stunning new riverside retreat in South Goa.

Join Terhi Palminen and our very own resident teacher Myria Zanetti for a week of delicious yoga stretches, juicy twists, calming yin postures, deeply relaxing guided meditations and mindful thai yoga massage practice. And if you want to challenge your balance, we will get you onto our stand-up paddle boards!

[FURTHER INFO](#)



Designed to complement our acclaimed beachfront resort Bamboo Beach in Patnem, Bamboo River offers our guests a uniquely peaceful location deep in the heart of nature.

Bamboo River's classically styled eco-bungalows are set on the bank of the Talpona River amongst 60 metres of lush palm groves in some of Goa's most spectacular countryside.

Boasting two riverside shalas and a nature-inspired swimming pool in our garden, it's perfect for lovely poolside lounging in the afternoons or relaxing in the shade at the restaurant.

Imagine also kayaking on the river after brunch and practising yoga amidst serene nature! There is an onsite spa and treatment room too!



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!

Bamboo River is only a ten-minute ricksaw ride from Patnem, where Bamboo Beach is located, and is conveniently close to the pristine beaches of Talpona and Turtle Beach (Galjibag), and just a short ride away from the popular bays of Palolem and Agonda. Bicycles and rickshaws are available for daytrips to explore the area, or to sample the great variety of local restaurants.

If you would like to run your own retreat or training programme with us at our brand-new Bamboo River location, then please do [contact us](#).



Join us at Bamboo in South Goa next season for a Yoga Holiday, a Yoga Retreat or Teacher Training!

We are now taking bookings for [Yoga Holidays](#), [Yoga Retreats](#) and [Yoga Teacher Training](#) at our Bamboo Beach location on Patnem Beach for next season, which will run from 20 October 2019 to early May 2020!

Bamboo River is now available for Yoga Holiday and Retreat bookings from 28 December 2019.



For the latest news and updates about Bamboo Yoga, join and follow us on [Facebook](#) and [Instagram](#).



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