

BAMBOO



RETREAT

## Escape to the Beach this December for a Yoga Holiday

Special Pre-Christmas Offer: Enjoy 20% Off!



This December, why not treat yourself to a rejuvenating yoga holiday in the tranquil paradise of South Goa to relax, recharge, and reconnect with yourself before the festive season begins?

**Book your December yoga holiday now and enjoy 20% off!**

Book a yoga holiday with us for 5 nights or longer between **9th and 19th December 2024** and receive **20% off your stay\***.

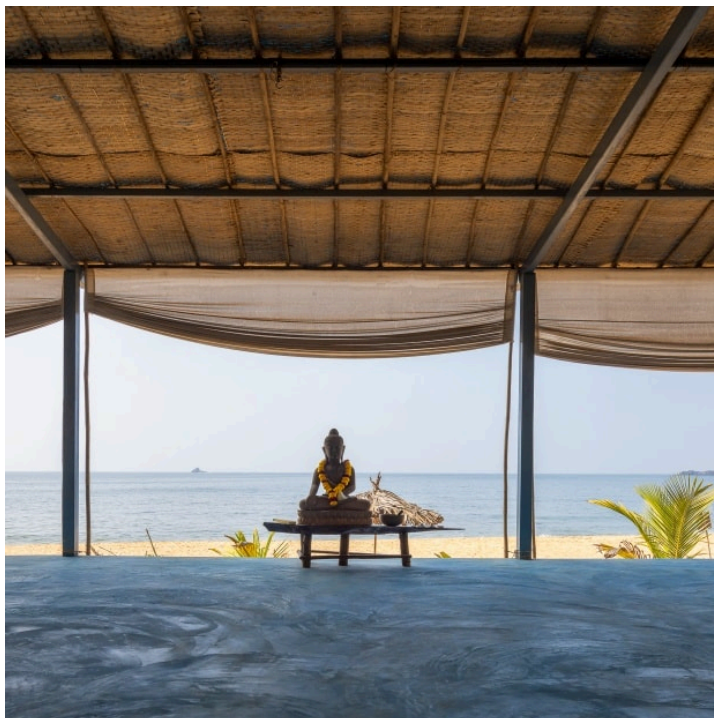
It's the perfect way to soak up the sun, practice yoga by the ocean, and embrace the warmth of Goa before the Christmas holidays.

 **Even Better News!**

[TUI are currently offering super cheap flights direct to Goa's Mopa airport for the pre-Christmas period for £350 return, so now is the perfect time to book your getaway.](#)

\*offer applies to new bookings only; use promo code Dec202024 when making your booking

**BOOK YOUR DECEMBER YOGA  
HOLIDAY GETAWAY NOW**



### Why Choose Bamboo Yoga Retreat?

- \*Daily yoga classes led by experienced teachers 🧘
- \*Delicious, wholesome meals to nourish your body 🍴
- \*Stunning beachside location to refresh your spirit 🌊
- \*Luxurious eco-friendly accommodation 🌸

Spaces are limited, so don't miss this chance to unwind and make this holiday season truly special.



### This is Heaven on Earth

*"Everything about this place is superb, magical and magnificent. Food beyond delicious, staff beyond amazing, accommodation beyond gorgeous and comfortable, Yoga beyond incredible. Location is a small piece of paradise in heaven. If you're looking for a place in this mad noisy world to completely switch off, be*



*pampered and well fed. This is most definitely it.  
You can see dolphins swimming while you practice yoga."*  
-Frida S, November 2024



## Exciting updates at Bamboo Yoga Retreat

The retreat is looking absolutely stunning, and we can't wait to welcome you back this season! 🌺

### ॐ Stunning New Decor

Our retreat is now adorned with exquisite new statues of Buddhas and Shivas, bringing a serene and spiritual vibe to the space. Be sure to check out the resplendent *dancing Shiva* sitting proudly at the entrance to Bamboo—it's a sight to behold!



## ☀️ New Additions to Our Onsite Shop

We've doubled the size of our shop to bring you even more treasures! Discover a beautiful new collection of jewellery from a contemporary designer in Jaipur —perfect for a little self-indulgence or a thoughtful gift.



## 🧘 Meet Our New Yoga Teacher

We're thrilled to introduce **Khushnoo**, also known as Khush, as a wonderful addition to our team of talented instructors. With roots in Jain philosophy and over a decade of experience, Khush is an ERYT500 instructor specializing in Ashtanga, Vinyasa Flow, Hatha Yoga, Pranayama, meditation, and yoga therapy.

Trained under Gurudev Sri Sri Ravi Shankar, Khush combines her expertise and compassionate approach to help students master yoga while embracing mindfulness and purpose. She has also supported individuals with conditions like Parkinson's, OCD, and asthma through personalized yoga therapy.





With these new updates, Bamboo Yoga Retreat is more magical than ever.  
Come and experience the beauty, tranquility, and inspiration for yourself.



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## Join Us in Antiparos for our Summer 2025 Bamboo Goes Greece Yoga Holidays

We're thrilled to announce our **Antiparos Summer Yoga Holidays 2025** at our beautiful new venue on this idyllic Greek island.

**24–31 May 2025**  
**13–20 September 2025**  
**20–27 September 2025**



Escape to the sun-drenched shores of this Aegean paradise and indulge in a week of yoga, relaxation, and rejuvenation.

### Who Can Join?

Everyone is welcome—from seasoned yoga practitioners to those seeking a much-needed break from daily stresses. Whether you're there for the yoga, the breathtaking scenery, or simply a healthy holiday in the sun, this is your chance to restore balance and vitality.

### ☀️ What's in Store:

\*Daily yoga classes to energize and inspire 🧘

\*Time to explore the beauty of Antiparos 🏖️

\*Space to relax, unwind, and soak up the sunshine ☀️

Visit [Bamboo Goes Greece](#) for all the details on pricing, accommodations, and how to reserve your place.

Spaces are limited, so don't wait to secure your summer getaway! 🌸



With Love and Gratitude,

The Bamboo Yoga Team.



**Follow us on Facebook and Instagram**



## **Bamboo Yoga Retreat**

Polem Beach, Goa

Antiparos, Greece

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