

EASTER YOGA RETREAT GOA / INDIA

March 27th to April 4th 2027

Dreaming to escape?

Plan for a blissful yoga retreat set on the beautiful beach of Ashvem in Goa/ India. Let the magic happen and open all your senses for a journey into sound, daily yoga sessions, meditation, heavenly massages, the scent and taste of Indian cuisine and the stunning beauty of nature.

This holistic experience will reconnect you with your body through movement.

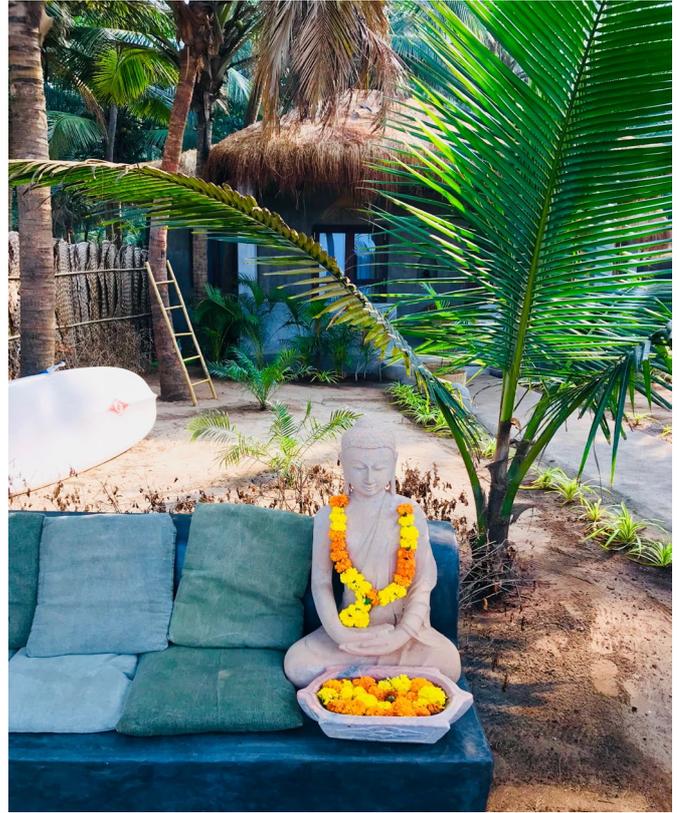
In addition, many sightseeing tours options are on offer, which can be organized upon your arrival.



LOCATION

The Little Palm Groove, an exclusive sanctuary for your wellbeing, with its cozy Yoga Shala, is a bohemian style resort, situated directly on a calm sandy beach and sheltered by its beautiful gardens. It is the perfect place to immerse yourself in a transformative yoga retreat, which will allow to free yourself from the stresses of modern life. This unique venue, with its chilled vibe and authentic atmosphere welcomes you to relax and recover.

The interiors are a fusion of Indian and Scandinavian style, luxurious in a simple way.



SERVICE

The yoga retreat includes 7 nights in single or shared garden view bungalows by the beach and two daily yoga classes, meditation & breath work, led by Isabelle Thill, in the beautiful Yoga Shala overlooking the Arabian Sea. We offer a welcome and a farewell dinner, as well as a daily healthy brunch and buffet style dinner (vegetarian & vegan). Daily pre-yoga herbal tea, chai or coffee are included. The package includes one free deep tissue massage for each participant.



FOR WHOM?

- If you wish to take real time to reconnect with yourself.
- If you want to discover a new culture while taking care of yourself.
- If you feel the need to take a break in an oasis away from your daily routine.
- If you desire to elevate your vibration and connect with your full potential.

Palm Grove Resort is the dream destination for solo travellers seeking wellness, as well as for couples and friends wishing to share a memorable experience. This retreat is open to all, regardless of age or fitness level.



DAILY SCHEDULE

- Daily morning yoga session/ dynamic flow from 8.30 - 10.30
During the 7 days, the focus of our daily classes is on a different chakra.
We integrate the related poses to our practice and explore the relation to our mental balance.
- Daily afternoon yoga session/ yin yoga style from 17.00 -18.15
- Vegetarian brunch with vegan options from 11.00 - 12.00 (excluding alcoholic beverages)
- Free time for sunbathing, swimming or excursions 12.00 - 17.00
- Daily afternoon tea & light refreshments (banana & coconut) from 16.00 - 17.00
- Vegetarian dinner with vegan options from 19.00 - 20.30 (excluding alcoholic beverages).



SIGHTSEEING TOURS

DESTINATION ASHVEM

Ashvem village is a part of the Mandrem area. The past years have been filled with development up on the main road, with restaurants as well as small shops along the way. For a more authentic interaction with Goa, we do recommend that you drive north or inland through the area behind the beaches. You can see the huge Banyan trees and some local temples which are nice to visit.

DOLPHIN TRIP

Wake up early in the morning and arrange to get picked up just by the beach below us by the local fishermen, who will take you out for an 1-1,5 hour boat trip where you, if you are lucky, might see some happy dolphins swimming!

PANJIM

A great idea is to explore Panjim, the capital of Goa, for a day. Take a walk through the old buildings in the old Portuguese Latin Quarter called Fontainhas. Don't miss a lunch or dinner at Hospendaria Venite, such an old school Goan heritage restaurant. The place is booming with nice restaurants and bars.

GO NORTH

After Terekhol Fort is some of the least developed beaches and villages in Goa. Take the ferry or the new bridge over to Marahastra and hang out on Paradise Beach or further north for a day.

ARAMBOL, THE OLD HIPPIE VILLAGE

About an hour walk north on the beach from Palm Grove Beach Resort, or a 10-minute drive you'll get to Arambol, a small village that is crowded with backpackers and where you can do some serious touristy shopping.

ANJUNA FLEA MARKET & THE GOA COLLECTIVE BAZAAR

The Anjuna Flea Market on Wednesdays is open from 10 am to sundown during peak season. On Fridays during peak season there is The Goa Collective Bazaar at Hilltop and it's a nice visit for shopping, eating and dancing to live music. Open from 5 pm to 1 am.

MANDREM AND MAPSA

The closest village is Mandrem and our closest town is Mapusa. Mandrem is the closest village with services such as a grocery store, doctor, pharmacy, tailor and more. In Mapsa, the bigger town, has a market every day every day but Friday is the day when locals have their special market day. Here you will find everything from local fruits to jewelry!



TRANSPORT AND ARRIVAL / DEPARTURE

The transport from and to the airport can be organized by The Little Palm Groove Resort or you can choose a pre-pay government taxi which are available as you exit the airport terminal. Transfers are approximately:

- 50 min drive from **GOX – Mopa Airport**
- 2.3 hours drive from **GOI – Dabolim Airport**

The check-in on March 27th is scheduled at 1.00 p.m. and check-out on April 4th at 11.00 a.m.



ACCOMMODATIONS / RATES

All rates include **2 daily yoga sessions, 7 nights' accommodation, and 2 daily vegetarian/vegan meals.**

The **total cost** of the yoga retreat is:

- **€1650** per person for a shared room
 - (occupancy for 2 persons in a double bed or one double bed and a single bed).
- **€2250** per person for a single room
 - (occupancy for 1 person in a double bed).

In case you travel as a family or a bigger group of friends, there are bungalows with more capacity available on demand (contact Isabelle at info@exhaleyoga.lu)

The early bird rate is €1550 (single occupancy) or €2150 (double occupancy) and valid until September 1st 2026.



THE RETREAT PACKAGE INCLUDES

- accommodation in garden view bungalows
- airport transfers (arrival & departure)
- one complimentary massage per guest
- daily brunches
- light refreshments (banana & coconut)
- evening dinners
- yoga mats and access to fully equipped Yoga Shala

NOT INCLUDED

- visa and flights
- sightseeing tours
- alcoholic beverages
- additional meals
- additional massage treatments



BOOKING / PAYMENT

For **bookings**, please contact info@exhaleyoga.lu to request a registration form.

After receipt of the **registration**, you will receive a confirmation with invoice for the total retreat price. A non-refundable **deposit of €500** is requested to secure your spot.

3 months prior to your retreat 50% of the total retreat price is due.

The balance is due 1 month before the start of the retreat. (end February 2027).

Full refund, if shown medical certificate, up to 7 days prior to the retreat.

You can pay in cash or via bank transfer to the EXHALE YOGA account
(BCEELULL IBAN LU76 0019 3955 9416 4000)

A visa is required for traveling to India. Please check with your local hospital for the mandatory vaccinations.

Conditions of cancellation:

Should you find it necessary to cancel your reservation, please advise us by email only at info@exhaleyoga.lu.

- *Full refund, if shown medical certificate, up to 7 days prior to the retreat.*
- *In case you are unable to join the retreat, for a reason other than medical, your spot can be transferred to another person instead. It will be your responsibility to find a replacement and to sell your spot.*
- *The deposit of 500€ is non-refundable.*
- *In the event of non-payment within the requested period, your reservation will be canceled.*
- *In case of leaving before the booked checkout date, the booked stay will be charged in full.*
- *In case the teacher will be unavailable (sickness, accident), the retreat will be covered by a teacher with similar professional background.*

***It is advisable to have holiday insurance cover in case you have to cancel your trip.
These terms and conditions are automatically accepted once the reservation is completed.***



Isabelle Thill – Yoga Teacher & Founder of Exhale Yoga and Yoga Conference Luxembourg

Isabelle Thill is the founder of the Yoga Conference Luxembourg and a highly experienced yoga teacher. She is the founder and former owner of Yoga Loft Luxembourg, Exhale Yoga in Cape Town and a former resident teacher at Jivamukti Yoga Paris. Currently she's running her studio Exhale Yoga Luxembourg.

Her passion for yoga has taken her across the globe, exploring a rich diversity of styles in destinations such as India, Spain, New York, Miami, Shanghai, Tokyo, South Africa, and Kenya. After countless workshops, retreats, and teacher trainings, she remains deeply inspired by the practice. She credits her development to the extraordinary mentors she has met along the way, each leaving a significant mark on her teaching approach.

Isabelle discovered Vipassana meditation while in South Africa, a practice that has since become part of her daily life. Yoga, for her, is both a source of courage to be true to herself and a force for making the world a better place. Above all, her two children remain her most important teachers.

She is married to Mike Koedinger.

