

THE JOY OF PRACTICE

with Pooja

A 6-DAY SLOW MOVEMENT RETREAT

**Celebrating Your Own
Pace, Space and Body.**

Join us on this journey of self-discovery, where the magic of movement and the power of presence intertwine to create an unforgettable experience.



Retreat and Reflection

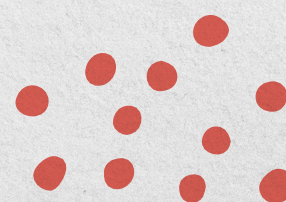
- Bring your favorite pen, book, and playlist for a true retreat experience.
- Embrace the opportunity to reflect by shutting out the noise and chatter of the mind.
- Focus on the present moment, the mystical here, and the glory of now.
- Revel in the spectacular sunset shows and multiple shades of sea greens and blues courtesy of mother nature.

WHAT TO EXPECT

**Rediscover Your Inner Rhythms
with Mindful Practices and
Cultural Immersion.**

Asana and Pranayama Kriya and Meridian Practice

- Engage in a traditional asana practice that focuses on awareness, agility, strength, steadiness, and the space to watch the mind and follow the breath.
- Focus on your innermost strength, something you came into this world with, that has been tested again and again and that never breaks. The Will is rooted there. Free will.
- Learn a demystified pranayama practice that you can make your own ritual.
- Understand why Yoga is a path and not a style – an introduction to sutras & philosophy of Yoga.
- Approach the body with curiosity rather than fear or resentment.



Learn Meridians, Tapping and Energy Healing

- Experience the meridians by developing an awareness of deeper muscles & organs. Go beyond the surface of the skin!
- Learn the tapping technique that will put you in a good mood and help you release and receive with amazing grace.
- Train the mind to focus and defocus with a meridian flow while feeling potent energetic points within the body from the tradition of Chinese medicine.
- Follow the inner pathways of energy to heal and release through the stillness of yin meridian practice. The intelligence of the body is yours, it is within you.



WHAT'S INCLUDED

- Accommodation
- Welcome package
- All Yoga / Meditation / Workshops by Pooja
- All food from arrival dinner to departure breakfast (except extra drinks)
- Day trips exploring Varkala
- 1 Ayurvedic lecture

BOOK YOUR SPOT

enquiries@soulandsurf.com

Full Moon Meditation and Local Experiences

- Participate in a full moon meditation by the ocean to retune the body and mind, learning to watch the proverbial itch without scratching it.
- Indulge in local, seasonal, seriously delicious, wholesome, traditional vegetarian meals & hearty dinners.
- Enjoy spunky, colourful, traditional Indian breakfasts that bring the sunshine of the east in the form of food.
- Embark on a guided tour through the ancient temples of Varkala.
- Attend an Ayurveda lecture to jumpstart your journey into the world of Ayurveda.
- Kayak through ethereal backwaters against a stunning coast of coconut palms .
- Sunset meditation at the beach to deepen your practice by deepening your presence.
- Ground & reconnect with the yin spirit of the ocean & the yang energy of the sun.

PRICES

Price Per Person

Sharer non AC	45 000 INR / 425 GBP
Sharer AC	50 000 INR / 475 GBP
Private non AC	55 000 INR / 525 GBP
Private AC	60 000 INR / 575 GBP

