



*Inspiring You to Live the Life
You Want*

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Yogācāra Healing Arts, South Mumbai

Yogacara came about as a means to slow down life's pace, so that we may learn how to listen. At a time where the simplicity of life and basic human needs are being challenged, when our connections with our communities, our relationships, our work, our environment, and most importantly ourselves is becoming more and more fragmented, the time has come for change that can only begin with ourselves. Located in a beautiful garden filled with coconut trees and on the oceanfront, the Yogācāra philosophy epitomizes an authentic and traditional approach toward healing and revitalization of one's mind, body, and essential energies.

Embodying the ancient wisdom and philosophy of ayurveda, yoga, pranayama, meditation and other healing practices, you will learn to still your mind, release blocked energy, create harmony in your body and emotions, and develop a heightened awareness of your health and wellbeing, so that you may make the necessary changes toward a happier, healthier and more balanced way of living.

Through our life transformational mind, body, spirit workshops, you will push your limits through new ways of thinking, while you explore systems of thought and feelings that lie beyond the current constraints of mainstream thinking. You will develop a more expansive view of yourself, and learn to create the life you want to live. Our workshops are life transforming and led by trained and certified professionals.

We help you incorporate simple practices back into your life, embark on a wellness journey with you, and provide you the long-term support and guidance to help you create the life that you want to live.

Yogācāra Retreat, Alibaug

Across the Gateway of India, lies a tantalizing vision of luscious palm trees and raw tropical beauty. This untouched and eco friendly beachfront property is a magical space where nature, unexplored frontiers, and the exploration of endless human possibilities come together. It is a place where you come to feed your soul.

Enjoy a wellness weekend, practice yoga and meditation, do a workshop, or simply do nothing spending precious time with friends and family in the privacy of your bungalow. Relax in the spectacular nature and experience the simplicity of village life. Enjoy the wonderful local cooking, laze on a hammock, take long walks on the beach and be soothed by the amazing sunsets, sounds of the ocean, and the welcoming sounds of the birds.

The Retreat is a private space, and we invite you to enjoy it as you would your own home.

Location - The Retreat

We are located in the quiet beachside village of Aakshi in Alibaug, across the Mumbai harbour, 35 minutes from the jetty. Five fully functional eco friendly, independent cottages on 5 acres of land are furnished to make you comfortable.

There are a total of five cottages; a large master suite, which is raised on stilts and has a spectacular view of the beach and the entire property, from its bright and airy window filled room. Plus two adjoining cottages with single beds perfect for families and friends, and two independent cottages more remotely situated and are perfectly suited for a couple.

Meals are mostly vegetarian, though seafood is served upon request. Meals are served in our open-dining area and enjoyed in the company of other guests. Our staff cooks a delicious mixture of simple coastal and international cuisine, and takes care of all your needs. All ingredients are bought fresh daily at the local market, organic wherever possible, and everything is prepared with love.

There is a common dining and relaxing areas where you can come together to interact and be social with other guests. Many friendships and bonds are formed over the conversations and laughter that last long after the food is served, and indeed long after the weekend is over.



Retreat Rates

RATES: Inclusive of 3 delicious vegetarian meals and evening tea. A seafood option is available at an additional charge of Rs. 700 per person/day.

Master Suite : Rs 8,500/night/double or occupancy

Individual Cottages: Rs 8,000/night /double-occupancy

Adjoining Cottages: Rs 7,500/night /cottage/double-occupancy

Single Occupancy: 15% off above price.

Non holiday weekdays (Mon -Thurs): 20% off

Children (10 years and under incl. meals):

Extra single bed: Rs 750/night.

Yogacara Special Massage (a relaxing blend of different strokes):
Rs 1,000 for 1 hour.

Booking policy: We require a 50% deposit to hold your reservation, and 100% payment 2 weeks prior to the reservation date for all advance bookings. Please note monies are non-refundable if cancellation is less than ten days prior to reservation date.

*****Check in 3 pm.. Check out 12 pm. No lunch facility at check in.**



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Yoga, Pranayama, Meditation, Healing Therapies & Workshops

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The Retreat- Wellness Weekend

Enjoy a light weekend or few days of nutritious food, massage, walks on the beach and time spent with friends and family. Perfect for those looking to get away to rejuvenate, de-stress and replenish in the pure tropical beauty, experiencing the simplicity of Indian village life .

We are happy to customize your visit, adding Yoga, Pranayama and Meditation, or even a two-day Mind, Body, Spirit workshop, if a holistic few days is what you are looking for.

Workshops

We conduct various yoga, mind, body and spirit residential workshops range from a few days to one week. These programs are directed at people who have a keen interest either in developing a deeper understanding of yoga, or on the development of their overall wellbeing, and wish to undertake an extensive exploration of their mind, body and emotions. Adults only. Examples are:

- **Workshop 1: Iyengar & Classical Hatha Yoga**

Our teachings are dedicated to the classical form of hatha yoga, and to Yogacharya BKS Iyengar, one of the world's foremost authorities on Hatha Yoga. Learn correct technique, align the mind and body, develop core strength, release blocked energy and develop better breathing patterns using various pranayama techniques, learn to calm the mind and body through meditation.

- **Workshop 3: "Heal Your Life", Louise Hay**

Explore your beliefs and systems of thought, increase your self-awareness, and understand how you affect your reality. Understand how negative "unconscious" beliefs can sabotage your life, and become aware of thought patterns that limit you.. Improve health, relationships, creativity, work, thought processes, releasing negative beliefs and reoccurring patterns, making peace with the past, and creating a new beginning.

- **Workshop 4: Change Your Thinking, Lose the Weight**

Most weight loss programs focus only on behavioral choices and that is why they fail. The underlying foundation for long-term weight loss and achieving a healthy body lies in other factors.

Workshop Rates

Vary depending on the workshop, and are inclusive of 3 vegetarian meals and accommodation, which is shared on a double occupancy basis.

Getting to the Retreat

- **From the Gateway to Mandwa Jetty, Alibaug:**

- i. **Speedboat: 15 mins**

- Each Way Rs 6,000 (Accommodates 6-8 people)

- Each Way Rs 10,000 (Accommodates 16 people)

- ii. **Public Boats (PNP/Maldar): 1 hour:**

- Rs 120 per person each way

- **From the Jetty to Akshi :**

- i. **Car Innova, 35 mins:**

- Rs 1200 each way, (Accommodates 8 people) OR via

- ii. **Auto Rikshaw, 50 mins:**

- Rs 500 each way, (Accommodates 6 people)

- **Driving: 3 to 4 hours**

Contact Information

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For More Pictures, Information, & Updates on Classes & Workshops:
Facebook : Yogacara Healing Arts

