 *mother india travels*

MUMBAI • GOA / AGONDA • GOKARNA • KERALA

śankalpā

YOGA & AYURVEDA RETREAT

27TH DECEMBER - 9TH JANUARY 2026





A PROFOUND IMMERSION INTO MOTHER INDIA,
WITH A HEALING AND GROUNDING YOGA & AYURVEDA
RETREAT.

A JOURNEY TO RECONNECT WITH OUR TRUE NATURE, TO ALIGN WITH
THE ENERGY AND WISDOM OF MOTHER INDIA, THIS LAND THAT
EMBRACES AND GUIDES YOU TOWARDS WHOLENESS AND UNITY,
TOWARDS YOUR TRUE SELF.

A DEEP DIVE INTO ITS TEACHINGS AND SPIRITUALITY, EXPLORING
TIMELESS RITUALS, ANCIENT CUSTOMS, AND VIBRANT TRADITIONS. WALK
THROUGH BUSTLING STREETS, COLOURFUL MARKETS AND HIDDEN
PATHWAYS, IMMERSE YOURSELF IN THE RICHNESS OF FLAVOURS, COLORS,
SCENTS, AND MELODIES, DISCOVERING THE HISTORICAL AND NATURAL
HERITAGE, SACRED TEMPLES AND ANCIENT MONUMENTS. LUSH FORESTS
AND PARADISIAC BEACHES INVITING YOU TO UNWIND AND RECONNECT
WITH THE RHYTHM OF NATURE.



WE WILL COMPLETE OUR JOURNEY WITH A YOGA AND AYURVEDA RETREAT
SURROUNDED BY THE HEALING NATURE OF KERALA,
YOGA AND AYURVEDA ARE ANCIENT SISTER SCIENCES THAT GUIDE US
TOWARD A LIFE OF BALANCE AND HARMONY.

YOGA, THROUGH MOVEMENT, BREATH, MEDITATION, AND ANCIENT
WISDOM, CULTIVATES INNER AWARENESS AND SPIRITUAL GROWTH, WHILE
AYURVEDA, THE SCIENCE OF LIFE, OFFERS A HOLISTIC APPROACH TO HEALTH
THROUGH NATURAL HEALING, DIET, AND LIFESTYLE. TOGETHER, THEY
PROVIDE A PATH TO RESTORE BALANCE AND PURIFY, CREATING PHYSICAL,
MENTAL, AND EMOTIONAL WELL-BEING.



SANKALPA

SANKALPA IS AN INNER RESOLUTION, AN INTENTION BORN FROM THE HEART THAT GUIDES THE MIND. LIKE A SEED PLANTED DEEP WITHIN OUR SUBCONSCIOUS, IT TAKES ROOT AND BLOSSOMS INTO THOUGHTS AND ACTIONS.

NEW YEARS RESOLUTIONS CAN OFTEN BE ARISE FROM A SENSE OF LACKING AND DESIRE FOR SOMETHING WE BELIEVE WE DO NOT HAVE. THIS WEAKENS THE UNCONSCIOUS MIND AND THE ENERGY THAT SUSTAINS DETERMINATION, LEADING TO FRUSTRATION AND EVENTUAL ABANDONMENT.

SANKALPA, ON THE OTHER HAND, EMERGES FROM A PLACE OF WHOLENESS AND UNITY, TRUSTING THAT WHAT WE SEEK TO BECOME ALREADY EXISTS WITHIN US. IT ALLOWS US TO LEARN FROM OUR DEVIATIONS WITHOUT JUDGMENT, SEEING THEM NOT AS FAILURES BUT SIMPLY AS MOMENTS OF DISCONNECTION FROM OUR TRUE SELVES.

THUS, SANKALPA IS THE PRACTICE OF RECOGNIZING, ACTIVATING, AND DIRECTING THE POSITIVE FORCES ALREADY PRESENT WITHIN US; FORCES THAT MAY BE BLOCKED BY FEAR, LIMITING BELIEFS, OR PAST CONDITIONING. WHEN INVOKED, IT SERVES AS A REMINDER OF OUR TRUE NATURE, CHANNELING ENERGY TOWARD THE REALIZATION OF OUR DEEPEST INTENTIONS.



OUR TRAVEL WILL INCLUDE:

+ DAILY YOGA CLASSES

(HATHA YOGA / YOGA THERAPY, THOUGHTFULLY ADAPTED TO ALL LEVELS AND PERSONALISED TO EACH PARTICIPANT'S NEEDS).

CLASSES WILL BE THOUGHTFULLY ALIGNED WITH EACH DESTINATION, CONNECTING TEACHINGS TO THE EXPERIENCES AND CULTURAL IMMERSION OF THE JOURNEY. THEY WILL INCLUDE INSIGHTFUL LECTURES ON YOGA PHILOSOPHY AND GUIDED MEDITATIONS, ENRICHING YOUR UNDERSTANDING AND DEEPENING YOUR PERSONAL PRACTICE THROUGHOUT THE TRIP.

YOGA WILL BE LIVED FAR BEYOND THE MAT. THROUGH THE TEACHINGS OF WISE GURUS AND TEACHERS AND THE PROFOUND LESSONS FOUND IN INDIA'S SIMPLEST AND HUMBLEST MOMENTS.



+ 5 DAY AYURVEDA RETREAT

INCLUDING PERSONAL DIAGNOSIS, TWO DAILY TREATMENTS (WHICH CAN INCLUDE MASSAGE AND PANCHAKARMA) , ALL NATURAL MEDICINES DURING THE TIME OF TREATMENTS AND ALL SATTVIC MEALS.

+ DEEP INSIGHTS AND AUTHENTIC EXPERIENCES OF INDIA

DELVING INTO ITS RICH MYTHOLOGY, SYMBOLISM, AND ANCIENT TRADITIONS. EXPLORE THE STORIES AND RITUALS THAT HAVE SHAPED INDIAN CULTURE FOR CENTURIES, UNCOVERING THEIR DEEPER MEANINGS AND MODERN RELEVANCE.

+ PERSONALIZED SUPPORT THROUGHOUT YOUR JOURNEY

FROM NAVIGATING DIVERSE FOOD OPTIONS TO MASTERING THE ART OF BARGAINING WHILE SHOPPING, ENSURING A SEAMLESS AND ENRICHING TRAVEL EXPERIENCE.



÷ ACCOMMODATION (DOUBLE OR SINGLE)

WE WILL BE STAYING IN A WELL-LOCATED, HIGH-QUALITY BUT TRADITIONAL HOTEL IN MUMBAI, CHARMING WOODEN COTTAGES BY THE SEA IN AGONDA, A WARM AND WELCOMING FAMILY GUESTHOUSE IN GOKARNA, AND A SERENE ASHRAM RETREAT NESTLED IN THE KERALA JUNGLE.

÷ INTERNAL TRANSPORTATION (INCLUDING INTERNAL FLIGHTS)

÷ ALL ACTIVITIES INCLUDED IN THE PROGRAM

÷ ASSISTANCE WITH ALL TRAVEL PREPARATIONS AND PROCESSES (VISA, INSURANCE, PACKING LIST, ETC.)



ITINERÁRIO:

LISBON- MUMBAI - GOA SUL - GOKARNA - KERALA -LISBON

+ MUMBAI

A CITY OF STRIKING CONTRASTS AND RICH MULTICULTURALISM. FROM THE BUSTLING SLUMS TO VIBRANT FOOD MARKETS, A BOAT RIDE TO ANCIENT CAVES, AND AN UNFORGETTABLE BOLLYWOOD NIGHT, MUMBAI IS AN ELECTRIFYING FUSION OF TRADITION AND MODERNITY.

+ GOA SUL

HERE, WE WILL WELCOME THE NEW YEAR WITH A SACRED BONFIRE RITUAL BY THE BEACH, FOLLOWED BY REFRESHING MIDNIGHT DIVES IN THE WARM OCEAN. IN A PEACEFUL AND NATURAL BEACHFRONT ACCOMMODATION, YOGA AT SUNRISE, AND DOLPHINS AT SUNSET. EXPLORING THE COLORFUL MARKETS, SACRED TEMPLES, AND MAJESTIC MONUMENTS, ALL SET AGAINST GOAS LAID-BACK COASTAL CHARM.



ITINERÁRIO:

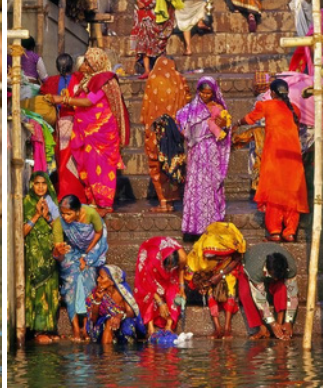
LISBON- MUMBAI - GOA/ AGONDA - GOKARNA - KERALA -LISBON

+ GOKARNA

ONE OF THE SEVEN GREAT HINDU PILGRIMAGE SITES, INFUSED WITH SHIVA'S POWERFUL ENERGY AND BREATHTAKING LANDSCAPES. BETWEEN TEMPLES AND SACRED SITES, WATERFALLS AND CAVES, RUINS AND NATURE RESERVES,

+ KERALA

A SANCTUARY FOR HEALING AND RENEWAL. OUR AYURVEDA AND YOGA RETREAT WILL INCLUDE PERSONALIZED DAILY TREATMENTS AND PRACTICES TAILORED TO EACH INDIVIDUAL. WE'LL ALSO VISIT LUSH TEA PLANTATIONS, AN ELEPHANT SANCTUARY WITH FREE AND RESPECTED ELEPHANTS, AND EMBARK ON ADVENTURES DEEP INTO THE SURROUNDING WILD JUNGLE.



PRICE: 2000€

INTERNATIONAL FLIGHTS NOT INCLUDED: APPROX. 800€

(THE TOTAL AMOUNT CAN BE PAID IN INSTALLMENTS UNTIL DECEMBER 20. A 500€ DEPOSIT IS REQUIRED TO SECURE YOUR SPOT.)

NOT INCLUDED:

- + MEALS NOT SPECIFIED IN THE PROGRAM
- + OPTIONAL ACTIVITIES/TRANSFERS
- + PERSONAL EXPENSES SUCH AS PHONE, INTERNET, VISA, PERSONAL INSURANCE.



MUMBAI (27- 30)

- ✦ VISIT TO DHARAVI SLUM
- ✦ BOAT TRIP TO THE ELEPHANTA CAVES
- ✦ WORLD'S OLDEST YOGA SCHOOL
- ✦ FOOD MARKET
- ✦ BOLLYWOOD NIGHT

GOA (30-2)

- ✦ SHRI MANGESHI TEMPLE
- ✦ SHRI SHANTADURGA TEMPLE
- ✦ DIVAR ISLAND
- ✦ DUDHSAGAR FALLS
- ✦ BOAT TOUR: DOLPHINS & SNORKELING
- ✦ OLD GOA (VELHA GOA)
- ✦ SAHAKARI SPICE FARM



GOKARNA(2-4)

- + MAHABALESHWAR TEMPLE
- + MAHA GANAPATI TEMPLE
- + SHIVA CAVE
- + YANA CAVES AND VIBHOOTI FALLS
- + NIRVANA BEACH NIGHT WALK TO WATCH BIOLUMINESCENT PLANKTON

KERALA (4 - 9)

- + AYURVEDA & YOGA RETREAT WITH CLASSES, TREATMENTS, AND DAILY MASSAGES
- + ELEPHANT SANCTUARY
- + TEA AND MEDICINAL PLANTATION
- + BOAT RIDE THROUGH THE RIVER AND TRADITIONAL VAIKOM VILLAGE