

Rooted in Being, Guided by Passion

22. November - 1. December

Mojigao Eco Resort

Assagao, North Goa, India

What to expect?

- It will be intense, but gentle, mindful, relaxing and nourishing on so many levels.
- We will be exploring the depths of our being and connecting to our body, emotions and soul.
- We will dance, breath and contemplate to unite with our emotional body.
- This will be our medicine on the road to healing.
- We will be connecting with our being on physical, emotional and soul level, emerged in supportive natural environment.

Meet like minded souls who came to question their believes and who want to give themselves insight to transform their life and live in accordance with their passion to manifest abundance on all levels of existence.

Let's

- Explore our believes and see how they influence quality of our living. Only by bringing them to a conscious level we can make a change.

- Make a conscious change and live the life in the present moment, influenced by real time perception and not based on our past experiences.
- Live our full potential, feel full spectrum of emotions and manifest abundance on all levels of existence.
- Experience the ease of existence.

You Are in the Right Place If You..."

- Want to give yourself time to dive within the depths of your heart, soul and body
- Love to dance to explore the depths of your emotions
- Want to connect to your body on different levels
- Want to experience different alternative approaches to remember who you are
- Want to question your believes and make a conscious change of your life
- Love nature and want to connect to it on a daily level and explore it with locals
- Want to pamper your body and soul

**If this resonates with your being,
Lakshmi is waiting for you!**

What is included?

- 9 nights in Mojigao Eco resort, based on single occupancy of the cottage (there is possibility to share a cottage, sleep arrangement is based on sharing one double bed, ask for discount)
- Airport pick up and drop off from Manohar International Airport (GOX), in North Goa

- 3 meals a day in Mojigao's restaurant, vegetarian and vegan Mediterranean cuisine (exception is: one evening visit to a local Assagao restaurant, day trip lunch will be in a restaurant on the road; both included)
- Daily guided meditation
- 1 Daily yoga session
- One session of group sound healing therapy with planetary gongs and singing bowls
- Sunrise and sunset at the beach of the Arabian Sea
- Drumming session
- Visit to the Anjuna flea market, day time and night time visit
- Two spa treatments per person (treatments are according to individual needs)
- Ecstatic dance sessions
- Beach day at Vagator beach
- All workshops (Topics chosen according to our group needs and present energy (example: family constellations, experiential workshops on topics like: relationships, beliefs, freedom, inner power...))
- Individual counseling according to personal need
- Full day hiking trip to the Dudhsagar waterfalls

What is not included?

- Flights to and from Goa
- Compulsory travel insurance
- Beach day lunch
- Night market dinner
- Additional spa treatments by your choice
- Any additional meals, snacks or drinks beyond three meals a day
- Tips

For detailed schedule or any other questions you might have please contact us on lakshmi@lakshmitransformation.com, or Wapp +385/923505828

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