



WaterWalk.ch



Stand Up Paddle & yoga

Goa From 7 to 14th December 2014

Goa and Ashiyana

GOA is a former Portuguese colony on the West coast of India. It is a popular tourist destination due to its warm winter climate (between 25 and 30 degrees centigrade) and beautiful sandy beaches. The Arabian Sea is warm (around 25°C), calm and inviting at this time of year. This is an ideal spot to practice Stand Up Paddle Boarding, to be introduced to sea waves, paddle alongside dolphins and discover the authentic backwaters. We will be based at the small fishing village of Mandrem, in the magnificent Eco Resort, Ashiyana, surrounded by water and right next to the sea. We will stay in small huts with all comforts. A number of Yoga Shalas are available for practice and our delicious evening organic vegetarian meals. Ayurveda - the science of life and traditional medicine of India - is available widely in Goa and nearby for massages and other specific treatments.

Details

This retreat will be about “reconnection to ourselves” through the power of yoga and water.

Cedric and Xavier, both yoga teachers, have developed together a powerful practice mixing yoga and Stand Up Paddle: SUPrana!

Prana means “life force”, the vital energy that makes up all life. Yoga helps us to stimulate the channels (charged of prana) in our bodies through our breath (pranayama), postures, sound, and so on. Water holds abundant amounts of this pure life force energy, and thus helps us to relax, come home to ourselves and re-energise.



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Stand Up Paddle & Yoga
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Combining Stand up Paddle and Yoga bring us back to our joyfully and playfully nature, fully connected to nature. Bliss !

Schedule

The schedule is given as an indication and can be changed depending on conditions.

7 December: Free arrival, installation and meals at Ashiyana. In the afternoon briefing and first launch for those who wish.

From 8 to 13 December :

- 7h: Gentle body warming.
- 7h30: Light Breakfast, Tea and Fruits
- 8h15: Preparation and SUP before hot temperature.

Wave introduction, SUPrana or river exploration according to conditions

- 11h: Brunch at Asshiana
- 17h: Yoga Class
- 19h: Vegetarian Dinner in Ashiyana

14th December: leaving day



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Inscription and Price

EUR 1290 per person / Only Sup and yoga 650 Euros*

The price per person includes:

- Accommodation with full board in Ashiyana Eco Resort,
- Local travel
- Complete SUP equipment,
- Méditation and yoga classes,
- SUPrana Teaching

Is not included in the price: The flight ,lunches, and personal expenses.

Date : December 2014, 7 to 14th

prerequisite : open to all, practice a few hours is preferable.

Registration: Before November 7th, 1100.

* Possible to sleep in another place and come only for yoga and Sup Session. For more info:

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