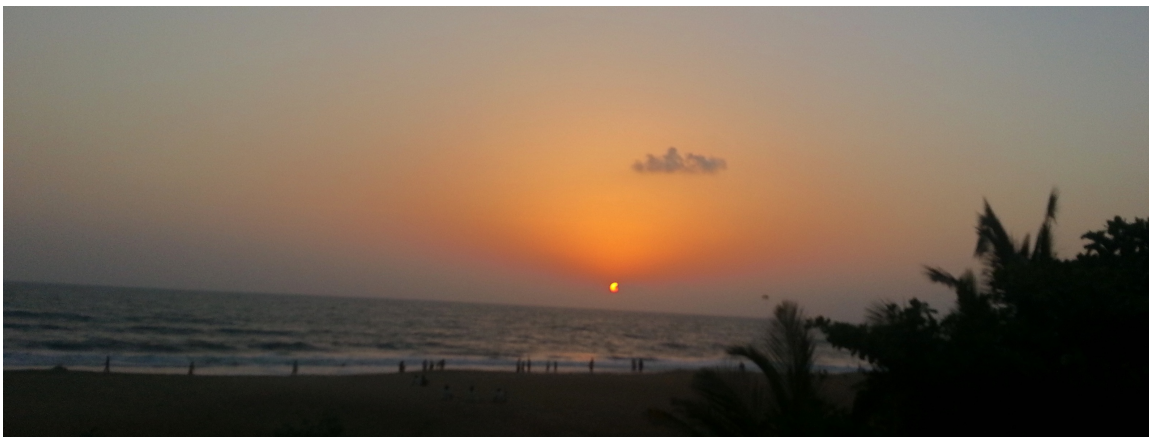




MAGIC. MONSOON. MEDITATION. GOA.

INNER SILENCE in Aashyanalakhanpal
Candolim Goa
30th July - 2nd August



ITINERARY

DAY 1- ARRIVE IN GOA
INTRODUCTION TO INNER SILENCE MEDITATION AND TRATAK OR
CANDLE GAZING WITH AN OBJECTIVE TO USING THE TECHNIQUE IN
LATER SESSIONS.

DAY 2- MORNING OPTIONAL YOGA/ BEACH WALK
8AM- 9AM- INNER SILENCE MEDITATION PRACTISING STILLING OF
THE BODY
- BREAKFAST
- BE FREE COOKING DEMONSTRATION

- LUNCH
- SWIM, READ, MASSAGE, BEACH WALK ETC
- 6PM-7PM INNER SILENCE MEDITATION ON BEACH FRONT
- DINNER AT YOUR LEISURE IN OR OUT OF THE HOTEL

DAY 3- A DAY OF SILENCE

- MORNING OPTIONAL YOGA/BEACH WALK
- 8AM- 9PM INNER SILENCE MEDITATION PRACTICE LEADING YOU TO A DAY OF SILENCE. YOU WILL BE GIVEN SOME SELF REFLECTIVE EXERCISES TO WORK ON AND BE GUIDED THROUGH YOUR DAY.
- THE DAY IS FREE FOR YOU TO BE IN THE PREMISES AND YOU MAY SWIM, READ, SKETCH, WALK ON THE BEACH ETC
- THERE WILL BE A MINDFUL EATING LUNCH WITH EMPHASIS ON CONSCIOUS EATING.
- 6PM-7PM INNER SILENCE MEDITATION PRACTICE ANDBREAKING THE SILENCE WITH CHANTING.
- SHARING
- DINNER IS AT YOUR LEISURE IN OR OUT OF THE HOTEL.

DAY 4- DEPARTURE

INVESTMENT

AASHYANALAKHANPALS BEAUTIFUL PROPERTY CONTAINS A COMBINATION OF VILLAS CASINHAS AND BEACHSIDE COTTAGES. THE BELOW PRICES INCLUDE:

- 3 NIGHTS ACCOMODATION
- AIRPORT TRANSFERS
- BREAKFAST AND LUNCH
- MEDITATION SESSIONS
- WORKSHOP MATERIALS

TIER 1

CASINHAS, COTTAGES AND SOME VILLA ROOMS AT
RS 23000 PER PERSON ON DOUBLE OCCUPANCY
RS 32000 PER PERSON ON SINGLE OCCUPANCY

TIER 2

LARGE GARDEN FACING ROOMS IN THE VILLA
RS 29000 PER PERSON ON DOUBLE OCCUPANCY
RS 44000 PER PERSON ON SINGLE OCCUPANCY

CHEQUES TO BE MADE PAYABLE TO MYSTIC ASIA
OR BANK TRANSFERS TO THE FOLLOWING:

A/C Name: Mystic Asia

Name of Bank : Punjab National Bank

Address: Nizamuddin West, New Delhi 110013

A/C no: 0160002100027588

Swift code: PUNBINBBISB

IFSC Code: PUNB 0016000

A NON REFUNDABLE AMOUNT OF INR 5000 TO BE MADE AT TIME OF
BOOKING TO ENSURE YOUR ROOM BOOKING.

THANK YOU