



GOLDEN EARTH
JOURNEYS IN YOGA



Relax n Renew

The wellness retreat

Golden Earth - Journeys in Yoga

25th to 27th Nov 2022
Lonavala

www.goldeneorthyoga.com

DM Sonali on

9619436661

for details



GOLDEN EARTH
JOURNEYS IN YOGA

Let go of fear, get on
the mat, love your
body, be playful...

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Sonali Kalgaonkar is a Yoga Practitioner, Trainer & traveler; founder of Golden Earth-Journeys in Yoga. Being passionate about health and wellness she facilitates transformations through yoga & other healing techniques.

She has been leading Yoga Retreats and workshops for 10 years (corporate, travel, private), both online and offline, within a safe space.



Itinerary

Day 1

- Arrival around 11 am
- Orientation before lunch
- Time to explore and relax post lunch
- Evening Yoga session
- Dinner
- and star gazing

Day 2

- Early morning trek to bhaja caves
- Breakfast
- Art therapy
- Lunch
- Yin yoga session
- and more

Day 3

- Yoga session early morning
- Breakfast
- Blissful meditation
- Lunch
- Feedback and Check out



Inclusions:

- Accommodation
- Day 1: Lunch and dinner
- Day 2: Breakfast, lunch & dinner
- Day 3: Breakfast

Exclusions:

- Travel
- Any other drinks on the menu that you may be ordering
- Anything else that hasn't been mentioned

Simple and delicious Sattvic food. Jain food available on request.