



Emily-Devon's 7-Day Yoga Retreat: March 15-21, 2016

DAY 1: Tuesday, March 15th – Emily-Devon Arrive

Morning: Beach walk/jog and Yoga @ 8:30 am. Breakfast – Eggs-Toast, Fruits; relax and unwind.

Late Morning: Cooking lesson – Potato stuffed tortillas (paratha,) Carrot salad, Daal (lentil preparation.)

Afternoon: Chill Time by the pool, ... Other Guests Arrive.

Evening: Beach for Sunset. Happy Hour & Dinner – Black Daal, Green Beans, and Mixed Veggie Rice.

DAY 2: Wednesday, March 16th – SPICE FARM EXCURSION

Morning: Even-paced morning with time to self, beach walk/jog, then breakfast – Chilla (spiced, pure vegetarian pancakes) & fruits; Excursion to the Spice Farm.

Afternoon: Lunch included at Spice Farm. Return to Rasa for a nap/lazy rest of the afternoon. Massage#2

Evening: Sunset Beach Yoga @ 5:30 pm. Happy Hour and Cooking Lesson – Kheema (Ground Chicken/Mutton/Beef) preparation, Roti, and Rice. Dinner.

DAY 3: Thursday, March 17th – Happy St. Paddy's Day ☺

Morning: Yoga at 8:30 am; breakfast – Upma & Boiled Eggs & fruits. Relaxed, easy paced morning – swim in ocean, kayak, and soak in the Sun.

Afternoon: Burmese Tamizei for Lunch, ... Siesta, pool time, kayaking, ... Massage

Evening: Walk on the beach at Sunset; Happy Hour & Dinner – Asian Night (Tibetan Momos) & Cooking Class – easy Coconut Shrimp Curry with Saffron Rice.

DAY 4: Friday, March 18th – CABO DE RAMA EXCURSION

Morning: Yoga at 9:00 am. Breakfast – Masala Scrambled Eggs and fruits; beach/pool ... Massage#3

Late Morning: Cooking lesson – Potato stuffed tortillas (paratha,) Carrot salad, Daal (lentil preparation.)

Afternoon: Nap/down time, Massage, ...

Mid-Afternoon: Excursion to Cabo de Rama Fort & Beach till Sunset.

Evening: Dinner at Joe's River Cove Restaurant.

DAY 5: Saturday, March 19th – SATURDAY NIGHT MARKET EXTRA EXCURSION

Morning: Beach walk/Jog; Yoga @ 8:30 am; breakfast – Poha, Boiled Eggs, & fruits; down time, Kayaking,

Afternoon: Lunch – Chicken & Veggie Wraps, and Aaloo Tikkis (potato patties.) Nap, pack, swim, ...

Late Afternoon: Leave for North Goa Night Market, etc. **Airport Drop Off (ADAM)**

Evening: Enjoy North Goa – Night Market ... Return late to Rasa.

DAY 6: Sunday, March 20th

Morning: Chilled out morning; breakfast – Upma & Boiled Eggs & fruits. Post breakfast – swim in ocean, kayak, and soak in the Sun.

Afternoon: Lunch and then Massages.

Evening: Sunset Yoga; Dinner, pack, ... sleep early.

DAY 7: Monday, March 21st

Morning: Relaxed morning, Yoga, breakfast, chill day.

Afternoon: Lunch and then pack/nap. Leave for airport at 4:15 pm for 6:35 pm flight.

