



## Adam's 7-Day Yoga Retreat: March 13-19, 2016

### **DAY 1: Sunday, March 13<sup>th</sup> – Adam Arrives**

Morning: Beach walk/Jog; Brunch – Eggs to Order, toast & fruits; Massage#1

Lunch: Mixed Veggie Wrap, Spinach Soup, and Chips (Crisps.)

Afternoon: Relax and unwind.

Evening: Yoga @ 5:30 pm ... Happy Hour & Dinner – Chicken Curry, Peas & Corn, Roti, and Rice.

### **DAY 2: Monday, March 14<sup>th</sup> – Hike to Hindu Temple**

Morning: Relaxed Morning to get over jet lag. Yoga @ 8:30 am ... Breakfast - Masala Omelette & Fruits.

Mid-Morning: Hike to Hindu Temple.

Afternoon: Lunch, siesta or pool time, ...

Evening: Return to Rasa for Happy Hour & Dinner – Rajma, Bhindi Bateta, Roti, Rice.

### **DAY 3: Tuesday, March 15<sup>th</sup> – 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 4: Wednesday, March 16<sup>th</sup> – 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 5: Thursday, March 17<sup>th</sup>**

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 6: Friday, March 18<sup>th</sup> – 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 7: Saturday, March 19<sup>th</sup> – SATURDAY NIGHT MARKET EXTRA EXCURSION**

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

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)**

