



**gaia**  
yoga

## **Gaia Yoga Retreat – Goa India**

With Natasha Marchant & Caroline McGurgan 18<sup>th</sup> - 30<sup>th</sup> January 2019

Join us for a blissful Yoga & Ayurveda retreat in Goa. Boost your wellness and experience the benefits of daily Yoga, meditation and nourishing vegetarian food. Staying at the award winning Banyan Tree Eco Yoga Centre, the perfect way to start 2019.



**Cost: £1250 (excludes flights)  
£250.00 deposit will secure your place**

**Natasha Marchant - 0771 253 6541 - [natasha@gaialifestyle.com](mailto:natasha@gaialifestyle.com)  
Caroline McGurgan – 0750 886 9569 - [caroline@gaialifestyle.com](mailto:caroline@gaialifestyle.com)**

**[www.gaialifestyle.com](http://www.gaialifestyle.com)**