



# Yoga Body and Mind in Goa

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## Project overview



### What's included:

- 24/7 support in case of emergencies
- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

### What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination

- Visa

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## Project itinerary

Starting your Mind Body & Soul experience with an Introduction week. This is where you will get to explore and immerse yourself in Goa's culture and history with new friends.

### Week 1

#### Monday

- 8:00 – 9:00 Breakfast at the centre
- 9.30 – 12:15 Introduction to the program including Do's and Don'ts (House Rules), cultural shock. Discussion about safety, transport and orientation on projects which includes a PowerPoint presentation.
- 12.30 – 13:30 Lunch at the Center
- 14.00 – 17:00 Mapusa city visit by local bus and to the local Market
- 18.00 – 19:00 Dinner at the Center
- 19:30 – 20:30 Session on introducing previous participants to the new participants

#### Tuesday

- 7:00 – 7:15 Light Breakfast at the centre
- 7:30 – 8:30 Self defence Session. Drive back to centre to refresh
- 9:15 – 9:45 Main Course Breakfast
- 10:00 – 12:15 Join a practical session of Indian Cooking
- 12:30 – 13:30 Lunch at the centre
- 14:00 -17:00 Sightseeing tour to visit the Fort Aguada and Sinquerim Beach
- 18:00 – 19:00 Dinner at the Center
- 19:30 onwards Watch a documentary on Indian History

#### Wednesday

- 6:00 – 6:45 Light Breakfast
- 7:00 – 8:00 Join a Yoga session
- 8:15 – 9:00 Main Course Breakfast
- 9:30 – 12:15 Hindi Language Lesson (Alphabets, sentences, phrases, names of fruits and vegetables, numbers); a short break to learn making Indian Chai (tea)
- 12:30 – 13:30 Lunch at the centre



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- 14:00 – 17:00 Beach visit
- 18:00 – 19:00 Dinner at the centre
- 19:30 onwards Enjoy a Bollywood movie at the centre

## Thursday

- 8:00 – 9:00 Breakfast at the centre
- 9:30 – 12:00 Project visit (Kindergarten, Old Age Home, Animal Shelter)
- 12:30 – 13:30 Lunch at the centre
- 14:00 – 17:00 Project Visit (Community Outreach project)
- 18:00 – 19:00 Dinner at the centre
- 19:30 onwards Training on Project activities and group discussion along with explanation about project structure

## Friday

- 8:00 – 9:00 Breakfast at the centre
- 9:00 – 12:30 Visit a Portuguese Church and a Spice Plantation
- 12.30 – 13:30 Special lunch at the spice plantation
- 14:00 -17:00 Scenic boat ride and explore a beautiful waterfall
- 18:00 – 19:00 Dinner at the centre
- 19:30 – 20:30 Feedback, project evaluation, group activities and discussion

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Week 2

### Monday

- Breakfast
- Meditation
- Lunch
- Ayurveda consultation and head massage
- Dinner



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## Tuesday

- Yoga practice
- Breakfast
- Lunch
- Leg massage and steam
- Dinner

## Wednesday

- Yoga practice
- Breakfast and free time
- Lunch
- Back massage and steam
- Dinner

## Thursday

- Breakfast
- Meditation
- Lunch
- Shirodhara
- Dinner

## Friday

- Breakfast
- Meditation
- Lunch
- Body Massage and steam
- Dinner

## Saturday & Sunday

Weekends are free to relax or explore Incredible India! ☐

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### APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)