



Harmonic yoga retreat

Surrender to the full Harmonic Experience. You can opt for a seven or fourteen day retreat that includes two daily yoga classes, daily practice in either pranayama, meditation, or chanting, plus try any of the treatments available at Harmonic.

When you arrive at Harmonic there will be a complimentary welcome meal in the Harmonic on site restaurant. Also included within the retreat is a daily breakfast and a leaving meal when its time to say goodbye.

Unique to Harmonic, we have selected a range of great accommodation within a short walk of the centre which will suit your budget and style.

You can choose from:

The Intercontinental hotel – five star resort
73,000rps one week or 142,500rps two weeks

Goyam or Papaya - luxury beach hut accommodation
42,000rps one week 80,500rps two weeks

Parvati Huts or similar
31,500rps one week or 59,500rps two weeks

Local room 24,500rps one week 45,500rps two weeks

Included in a 7 night stay – 7 nights accommodation, 2 evening meals, 6 breakfasts (with free tea, coffee and soft drinks and fresh juices at breakfast) 12 yoga classes, 6 one hour private treatments or classes.

Not included – flights, insurance, transport or other incidentals.

The Harmonic retreat is available throughout the season (November – April). Peak season supplements apply.

For more information, please contact Natalie on +91 (0)9822512814
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