



'THE PILATES RETREAT' WITH EMMA MANNING

PATNEM, SOUTH GOA : MARCH 7<sup>TH</sup> - MARCH 14<sup>TH</sup> 2010



KOKOindia warmly invites you to join Emma Manning's 'Pilates Retreat' at the Harmonic Healing Centre in Goa. Emma, a Polestar accredited teacher from the UK, offers a fantastic week-long course which encourages students to expand and explore their classic practice, ensuring long-term benefits which will reach far beyond the retreat. Morning and afternoon sessions are held in a beautiful open air yoga shala, and include philosophy of method and personal guidance in a friendly and supportive environment.

The Harmonic Healing Centre is the perfect location for your retreat - overlooking one of Goa's most idyllic beaches and set amongst a lush, tropical palm grove, the Centre is friendly and professionally run, with a full range of holistic therapies available. Patnem is a traditional Goan fishing village, with a pristine cove of white sand fringed by swaying palm trees and the blue of the Arabian Sea. There are plenty of good restaurants and unspoilt beaches to explore nearby, as well as some great excursions that we help to arrange. Or you can simply relax and enjoy the wonderful pace of Goan life ...



Your accommodation will be a choice of two popular, well-run beachfront venues just a short walk from the Centre. Whether you opt for a traditional or a deluxe room, you will have your own en-suite bathroom and private balcony, with a garden or sea view.

Retreat packages start from Rs 33,250 (around £425.00) and include a six day Pilates' Course, deluxe beach front accommodation and group dining in beautiful locations. Upgrades are also available.

Initial enquiries via Natalie at Harmonic: [natalie@harmonicingoa.com](mailto:natalie@harmonicingoa.com) or [nataliematos@btopenworld.com](mailto:nataliematos@btopenworld.com) If you would like to extend your trip, or to discover more of magical India, KOKOindia will be delighted to take care of your travel arrangements for you.