

RETREAT IN GOA

with Vix

February 7th-14th 2027

THE LOCATION AND DURATION

Set on the quiet shores of South Goa, our home for the week is Palm Trees Resort, a peaceful retreat space nestled amongst coconut palms and just steps from the sea. Patnem Beach offers a slower, softer side of Goa, where daily life unfolds at a gentler pace.

This is a seven-day retreat, allowing time to arrive properly, settle into practice, and experience rest that feels truly restorative. The length of the retreat supports depth and consistency while still leaving space for exploration and time away from the mat.

THE YOGA

A minimum of two classes per day, a dynamic practise in the mornings (Rocket, Yogasana, Hatha Raja) and workshop and/or slower paced practise later in the day, giving you the perfect balance of invigorating and restful practise.

THE FOOD

A big vegetarian brunch will be provided by the in-house chef. You can purchase your other meals at the restaurant, or explore the variety of wonderful indian food the area has to offer

THE ACCOMMODATION

Palm Trees Resort offers comfortable accommodation set within nature, with rooms designed to support rest and simplicity. The venue is undergoing renovations prior to the retreat to create 10 newly built cottages with the option of single occupancy or sharing. There is an on site Ayurvedic spa with a multitude of treatment options



MEET YOUR HOST



VIX YOGA

Hi, I'm so glad you have found your way here! I really hope to practise with you soon.

I did my first Ashtanga training in 2019 and trained extensively with teachers such as David Kyle and Mark Kan. I teach trainings and retreats in the UK and internationally, as well as having a beautiful community of yogis in my current home in the UK.

Yoga has provided me with immeasurable beauty, joy, resilience and compassion. Sharing this practise is the biggest gift; my belief is that the more people who practise yoga, the better place the world will be to live in.

I love to support people to overcome their perceived limitations. My primary practise is Rocket yoga, but I find benefit in combining influences from different lineages and techniques to build strength and confidence.

My classes are dynamic and playful, expect to be challenged!



THE PRACTISE

Each day offers a blend of dynamic and restorative sessions. Morning practice will be invigorating and dynamic, incorporating pranayama, asana and meditation. Afternoon/evening practices consist of skill based workshops, as well as slower, more restorative practices.

This retreat captures the essence of yoga; sharing the foundations and philosophy of yoga throughout.

All levels are welcome, but we recommend having 6 months regular practise before the retreat, as it is not curated for complete beginners.

THE EXPERIENCE

The venue has an Ayurvedic spa on site, with trained Ayurvedic practitioners offering a facials and a wide range of massage to help you to thrive, relax and indulge.

In my past experience hosting yoga retreats, group trips are a magical way to enjoy a new country or area with newfound friends. We will take a coastal boat trip (hopefully seeing some dolphins!), a trip to a spice farm, dinners out, and sunset beach trip.

Trips are not compulsory- everything on the retreat is optional!

SAMPLE ITINERARY

Day 1: Sunday

2:00pm – Arrival & welcome snacks

5:00pm – Welcome circle + gentle practise

7:00pm – Group dinner

Day 2: Monday

8:00–10:00am – Morning practise

11:00am – Brunch

Beach/Chill time

5:00pm – Workshop

Day 3: Tuesday

8:00–10:00am – Morning practise

11:00am – Brunch

Boat trip

5:00pm –Yin

Day 4: Wednesday

8:00–10:30am – Morning practise

11:00am – Brunch

5:00pm – Workshop/Evening practise

Day 5:Thursday

8:00–10:30am – Morning practise

11:00am – Brunch

Trip to spice farm

5:00pm – Restorative

Day 6: Friday

8:00–10:30am – Morning practise

11:00am – Brunch

5:00pm – Evening Practise and meditation

Day 7:

8:00–10:30am – Morning practise

11:00am – Brunch

5:00pm- workshop/evening practise

7:30pm Final group dinner

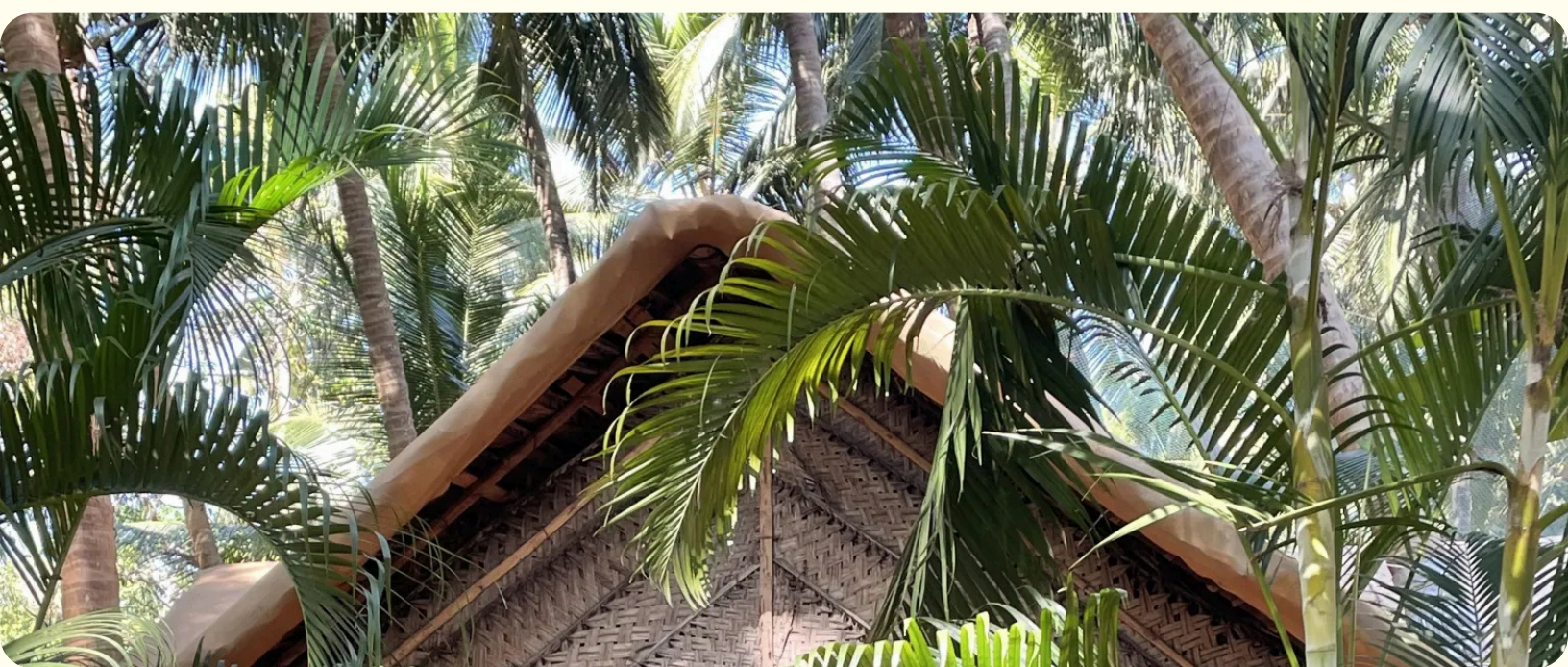
Day 8: Closing Day

8:00am – Morning Practice

10:00am – Final Brunch

11:30am – Closing Circle & Departure

Please note this is a sample and the itinerary may be tweaked prior to the retreat



PRICING AND HOW TO BOOK

All prices include 7 nights' accommodation, daily yoga, workshops, vegetarian/vegan brunch, and plenty of time to relax and explore.

Room Options

Early Bird (until 1st July 2026)

Single bed in shared room (2 people) – £1070

Single occupancy (queen bed) – £1370

Double bed sharing, ideal for couples – £1070 per person

Single bed in shared room – £1200

Single occupancy (queen bed) – £1450

Double bed sharing, ideal for couples – £1200 per person

How to Book

Secure your spot with a £300 non-refundable deposit [HERE](#)

Payment plans available upon request

To book or ask any questions contact vinyasawithvix@gmail.com or 07793892144

Final payment to be made by 1st November 2026. In the event you cannot make the retreat after booking, we cannot guarantee any refund after this date. Price does not include flights, transfers or travel insurance

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Questions?

VINYASAWITHVIX@GMAIL.COM

WWW.VIX-YOGA.COM

@VIX_YOGA



Thank you!

VIX
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