



VIX
YOGA

RETREAT IN GOA

February 7th-14th 2027

YOUR HOME FOR THE WEEK

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 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 vibrant and delicious 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. Newly built cottages offer the option of single occupancy or sharing for the duration of your stay. There is also an on-site Ayurvedic spa offering a range of treatments and massages, available to book throughout your stay.



MEET YOUR HOST



Hi, I'm Vix.

I'm so glad you've found your way here — and I hope we get to practise together in Goa!

Yoga has brought an immeasurable amount of joy, resilience and connection into my life; sharing that with other people is one of the things I love most about teaching.

I completed my first Ashtanga training in 2019 and have since undertaken more than 1,000 hours of training with teachers including David Kyle, Mark Kan and Rebecca Hannah. Today I teach classes, trainings and retreats in the UK and internationally, alongside the wonderful community of yogis I'm lucky to call home.

My primary practice is Rocket Yoga, although my teaching draws from different lineages and techniques. Expect strong, dynamic and playful practices, plenty of encouragement, and opportunities to challenge the limits you may have placed on yourself.

But a retreat is about so much more than what happens on the mat.

I've experienced many retreats as both a teacher and a student, and I know how special and transformational they can be! I've travelled to India many times to experience yoga in its birthplace and am so delighted I am able to host a retreat in this wonderful part of the world.

For me, it's about practising together, sharing incredible experiences, eating good food, laughing a lot, making new friends and having the time and space to properly enjoy where we are.

I want you to leave Goa feeling stronger and more confident in your practice- but also rested, inspired and very glad you came.

I can't wait to share the week with you.





THE PRACTISE

Our mornings begin together on the mat with an invigorating and dynamic practice incorporating pranayama, asana and meditation. Rocket Vinyasa will be our primary practice, but you will get a taste of influences from other schools and lineages such as Dharma and Black Lotus.

Afternoon and evening sessions will take a different pace. Some days we'll dive into skill-based workshops; others will be slower and more restorative, giving your body time to soften, recover and absorb the morning's practice.

Alongside the physical practice, we'll explore some of the philosophy and foundations that sit behind what we do on the mat.

Come ready to move, learn, play, and surprise yourself

You don't need to be an advanced yogi to join us. We simply recommend around six months of regular yoga practice so that you feel comfortable with the pace of the classes.

BEYOND THE MAT

There is so much more to this week than the time we spend practising together.

One of my favourite things about hosting retreats is watching a group of people arrive, often not knowing one another, and seeing the friendships that form through sharing a new place and new experiences.

EXPLORE

*Coastal boat trip + spice farm
(And hopefully a dolphin or two!)*

INDULGE

Ayurvedic treatments + massage

CONNECT

Group dinners + shared adventures

SWITCH OFF

Beach days + plenty of free time

Everything is optional! This is your week; join every adventure or take all the time you need to simply switch off and relax.



PRICING AND HOW TO BOOK

All prices include:

- 7 nights' accommodation
- Daily yoga practice
- Workshops
- Vegetarian/vegan brunch
- Group trips (spice farm and boat trip)

**6 shared room spaces currently
available**

£1200

£300 deposit

Payment plans available

How to Book

Secure your spot with a £300 non-
refundable deposit



HERE

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

SEE YOU IN GOA?

7-14 FEBRUARY 2027

SEVEN NIGHTS OF YOGA, SUNSHINE, SEA,
GOOD FOOD AND GOOD COMPANY.

6 SHARED-ROOM SPACES CURRENTLY AVAILABLE

£1,200

(Or join the waitlist for single occupancy room - things always change in the run up to retreats and I will do my best to accommodate!)

If you have any questions I'd love to chat! Contact
me on whatsapp, email or instagram.

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Thank you!

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