

## Venue:

Nestled amidst the serene beauty of Goa's picturesque coastal landscape, this exceptional experience is designed to bridge the timeless traditions of Yoga with the profound spiritual insights of Christian theology. The newly constructed Yoga Sanctuary promises a memorable stay that captures the essence of Goa's cultural and historical landscape.

## Accommodation:

- All linens and towels will be provided.
- Bathrooms are ensuite in the new hotel (Yoga Sanctuary). There are shared bathroom facilities in Casa Albuquerque.
- Bottled water is provided. There is a provision for RO water as well.
- Mosquito nets are provided. It is also advisable to take all required vaccinations /medications for malaria. Use of mosquito repellents are also advisable
- WiFi is available in the rooms and is free of charge.
- The hotel does not feature a swimming pool. However, paid access to pools in the resorts across is available.

## Address:

H.No.1710, 'Casa Albuquerque', Soronto, Anjuna-Vagator Road, Anjuna, Bardez, GOA 403509

## Getting to and from the Yoga Sanctuary:

International flights to Goa:

- Goa Manohar International Airport (GOX): 28 km, approximately a 45-minute drive. The Goa Manohar (Mopa) Airport is the closest, but it is generally accessible via connecting flights through cities like Mumbai, Chennai, or Bangalore.
- Goa Dabolim International Airport (GOI): 44 km, roughly a 1-hour and 10-minute drive. The Dabolim International Airport, on the other hand, offers direct international flight options.

Other Transportation:

- Thivim Railway Station: 18 km, around a 40-minute drive.
- Margao Railway Station: 55 km, about a 1-hour and 30-minute drive.
- Panjim Bus Stop: 19 km, approximately a 40-minute drive.
- Mapusa Bus Stop: 8 km, just a 20-minute drive.

## What to bring:

Goa is a village surrounded by beautiful coastal landscape suited to walking. Warmer clothes for the evenings and a sun hat for the days are advised. Yoga clothes, towel, Yoga props, umbrella and raincoat, insect repellent.

## Yoga needs:

## Fact Sheet

Standard Iyengar yoga equipment (mat, bolster, blocks, strap, blankets) will be provided. You may wish to bring your own Yoga mat or other personal props.

### Meals:

Meals, accommodating dietary requirements including vegetarian and vegan options will further enhance the communal spirit of this gathering. Meals are primarily Indian with vegetarian, non-vegetarian, and vegan options. Please make any dietary requests through the Kripa Foundation at time of registration on the Google form.

### Weather:

The Goa temperature in January approximately goes up to maximum 31C in the daytime, while at night it dips to around a minimum 21C. With almost no rainfall from November through to April, January is an ideal time to visit Goa. Located midway between the Tropic of Cancer and the Equator, you will experience virtually uninterrupted sunshine and high daytime temperatures averaging 30C during your stay.

### Arrivals & departure:

Students wishing to arrive the day before or to stay the evening after the workshop should contact the Kripa Foundation for availability.