



# Escape to Alibau

From movement to stillness

From silence to sound

2018 | Fri 29th June  
Sat 30th June  
Sun 1st July

Escape to Alibau  
29th Jun - 1st July, 2018

3 days of loving, healing, learning to be still, and most importantly allowing yourself and your system to rest.

## THE EVENT

This event will bring together facilitators in the field of pilates, sound therapy, nutrition and has been designed for the enthusiasts, beginners & advanced level practitioners alike. During the course of these magical 3 days, you will experience moments of stillness during and after movement and moments of silence after music and sound in the form of a daily schedule that offers you the chance to experience those moments throughout the retreat and reinforce some of the practices you may have already done.

## The VENUE

Nestled in nature, The Mango beach House in Kihim and Awas in Alibaug will provide us an oasis of wellness and peace that will help us ease into our daily activities. A 3 hr drive from Bombay (sadly the ferries will be closed though there is talk of the Ro Ro ferry to begin end of this month), Alibaug will provide the perfect backdrop for the retreat.

<http://mangoalibaug.com>



## The CUISINE

The menu for our retreat is personally supervised and planned by nutrition expert Bhavna Kapoor, a whole food plant based vegan health coach. This delicious vegan cuisine is designed to be healing and detoxifying, to help and support you during these 3 days.

(\*in case any of you cannot eat a complete vegan diet, there is a choice of ordering a la carte from the hotel menu though we would urge you to try the vegan diet for 3 days to feel the difference it can make to your body)

Sample menu

### Morning

Green Smoothie OR Fruits

### Breakfast

Amaranth porridge

Tofu scramble

Toast, peanut butter

Vegan Banana Pancakes



amaranth porridge

### Lunch

1 salad

Khao Swey with black rice /Noodles

Ice cream



Baked eggplant parmesan

### Evening Snack

Sprout Bhel

### Dinner

Soup

1 salad

Baked eggplant Parmesan

Garlic Bread



Vegan icecream

(There will also be a staple dal, vegetable and rice/roti for those who would like more traditional food)

## The FACILITATORS



CAMELIA OBEROI

*"Do you have the patience to wait  
Till your mud settles and the water is clear?  
Can you remain unmoving  
Till the right action arises by itself?"*

*- Lao Tsu*

One of my favourite quotes and sums up everything that I have learnt or been interested in. Trained in ballet and modern jazz dance, practising yoga for the past 12 years, a proud mother of two gorgeous children, a graphic designer and a biodynamic cranio-sacral practitioner ([www.bcst.in](http://www.bcst.in)) by profession, a pilates instructor (Trained in MAT Pilates by Balanced Body), it seems all of my trainings and experiences have brought me to experience that very quality of stillness.

I have organised this retreat in the hope that we can just rest, in the present moment, without our mind racing to the future or retreating to the past.

Exercising with awareness of our body and our breathe, learning recipes with natural fresh ingredients, mindfulness in what we eat, meditating to sounds which are universal and primordial, I am hoping you manage to catch those few moments of stillness, however fleeting or brief. And through this workshop, rejoice in the wholeness and union of the mind, the body and the spirit.

I will be conducting the morning pilates sessions and leading with yoga asanas during the sound meditation sessions.

Please do connect with me on instagram: [cameliaoberoi\\_wellness](https://www.instagram.com/cameliaoberoi_wellness) to get a glimpse of our goa retreat.



BHAVNA KAPOOR

I received my training as a Health Coach from the Institute for Integrative Nutrition (New York). During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, Director of Yale University's Prevention Research Center; Dr. Walter Willett, Chair of Nutrition at Harvard University; Geneen Roth, bestselling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

I am a whole plant based foods chef and host a cookery show, 'Health Vegan Cooking' on #Fame Foods channel. I host a health based radio show on 94.3 Radio One ( Mumbai) every Thursday. I also have 27 years of training in Iyengar School of Yoga.

My education and training has equipped me with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills, I work with clients to help them make lifestyle changes that produce real and lasting results.



## SOUND MEDITATION - SATORI HEALTHCARE

Sound is the finest form of energy in the universe. It can move through and effortlessly control any formations within the universe. this programme will utilise sound energy on the basis of vedic science to de-stress, rejuvenate and revitalise the body and mind, in an endeavour to tune in with our true nature. The participants will be guided through a transformative experience, practically revealing the relationship between the human body, sound and the universe.

### Benefits:

- to begin or deepen one's practise of meditation
- enjoy the inner calmness of a still mind
- comprehensive removal of stress through the first day activity
- first hand understanding of the subtle body, and prana
- relation between 7 notes and 7 yogic chakras

### Instruments used

singing bowls

Hang drums

HAPI drum

Vocal

Didgeridoo



# SCHEDULE FOR THE DAYS

## TIMING

07:00 am - 11:00 am Arrivals  
 11:00 am - 12:00 pm Orientation  
 01:00 pm - 02:00 pm Lunch  
 03:00 pm - 04:00 pm body awareness and centering exercises  
 04:00 pm - 04:30 pm tea  
 05:00 pm - 06:30 pm sound meditation with basic asanas  
 07:30 pm - 08:30 pm dinner  
 09:30 pm - 10:00 pm yoga nidra with sound



Q&A on plant based food and prevention of disease

07:30am Green smoothie / Fruits / Herbal tea  
 08:00am - 09:00am Pilates  
 09:00am - 10:00am Breakfast  
 11:00am - 01:00pm Talk on plant based whole foods and cooking demos  
 01:00pm - 02:00pm Lunch  
 04:00pm - 04:30pm Tea  
 05:00pm - 06:00pm Drum circle  
 06:00pm - 07:30pm Sound meditation  
 08:00pm - 09:00pm Dinner  
 09:30pm - 10:00pm Dance meditation



yoga nidra

07:30 am Green smoothie / Fruits / Herbal tea  
 08:00pm - 09:00am Pilates  
 09:00pm - 10:00am Breakfast  
 11:00pm - 01:00pm Q & A with Bhavna and cooking demo  
 01:00pm - 02:00pm Lunch  
 02:00pm checkout



sound meditation session



pilates

## Costs for the Retreat (per person cost)

### 3 days 2 nights

Included

- accomodation
- all meals
- all the activities and sessions

Cost for single occupancy : Rs. 45000/-

Cost for twin sharing rooms: Rs.37000/-

**(IMP: Please note there are no twin beds. Only a large double bed. Extra Mattresses can be provided)**

### **Children:**

Children (upto the age of 15) staying with parents will have a surcharge of Rs:5000 for just stay and food. In case they register for the activities then there will be an additional fee of Rs.10000). These sessions will be similar to what the adults are doing but catered to their age group. Please do get in touch with us for further details

### SAMPLE SCHEDULE

3:00 pm - 4:00 pm	Sound meditation with yoga nidra
5:00 - 6:30 pm	healthy cooking with kids
8:30 pm - 10:00 pm	Kid's movie
8:00 - 9:00 am	mindful activity
11:00 - 12:00 pm	kids sound session
5:00 - 6:00 pm	drum circle
6:00 - 7:00 pm	Dance meditation
11:00 - 1:00 pm	movie on healthy eating for kids
1:00 pm - 2:00 pm	Lunch

