

Mango Beach House

Februaru 2016
Newsletter Vol. 04

Dear Friends,

We have been enjoying some wonderful weather and we're hoping it's here to stay. In keeping with this blissful feeling we have decided to bring to our guests a season of wellness activities.

Starting with an Iyengar Yoga weekend with Firoza at our Kihim location followed by a Vedanta session with Neema Majumdar at Awas rounded off by a weekend of Meditation and Ashtanga Yoga with Carina also at our Awas location.

Mango Beach House offers you a unique opportunity to indulge your body and soul in these intense sessions with a host of very advanced teachers. Please call us to register for the classes of your choice.



12th to 14th Feb, 2016
YOGA WITH FIROZA

11th to 13th March, 2016
VEDANTA WITH NEEMA

18th to 20th March, 2016
ASHTANGA WITH CARINA



Work deadlines, late night parties and household parties.. Hitting the gym may act as a stress buster, but when it comes to complete bliss, nothing beats the charms of yoga. Experience physical, emotional and spiritual twist in yoga with Firoza.

In today's fast changing world, many individuals feel overwhelmed by their incapacity to control variables that determine the outcomes they desire. A two and a half day workshop based on Indian Philosophy in relation to dealing with ups and downs of life based on the teaching from Bhagvad Geeta by Neema Majumdar

Join us for a three days intensive yoga & meditation retreat in Alibaug with Carina from Germany. She found her passion in Ashtanga Yoga and Yin Yoga and in her retreats she teaches Yin Yoga, meditation as well to give the powerful and strong Ashtanga Practise.



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Kihim | Awas