

Mango Beach House

November 2015
Newsletter Vol. 02

Dear Friends,
How often do you take the break that you much deserve?
Weekend Within, an exciting collaboration of White Collar Hippy with Pause and Effect, is scheduled to take place from the 20th to the 22nd November 2015, at Mango Beach House, Kihim, Alibaugh.

Spanning over three days, this event isn't just about you taking a break, but also about reflecting good health and positive vibes into your lives.

Capoiera on the Beach, Aerial Yoga in a coconut grove. Mornings sessions of Sound Meditation and Qi Gong. Evenings filled with sweet music of a Drum Circle. All of this inter-spread between slow nutritious meals over a community table.

A short walk from the beach, enjoy the cool winter siesta as you attend our assorted range of workshops, dig into a delectable fare of wholesome organic food and forget the city mayhem.



CELEBRITY CHEFS

WELLNESS CAMPS

MUSICAL EVENTS



Harsh Garg, our organic chef puts across a table of delicious and healthy alternatives to our otherwise regular cuisine. An economist with a passion of cooking, Garg plays around with seasonal and locally available ingredients. Enjoy his fare as you sit around our community table and fill the evening with chatter, laughter and joy.

Sunil Singh or **Sucuri**, with his elevated knowledge of the art and his simple living transcends us into an experience that roots us with motion fitness.

White Collar Hippy on **20th, 21st & 22nd** of **November** **2015**
Yoga Retreat

Karan Sajrani promises to take your mind through a myriad journey of bliss with various sources of sound to achieve spiritual empowerment. Efface the ripples of colliding thoughts and calm your mind, much like the still water!



MUMBAI

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Kihim | Awaz