

# YOGA AYURVEDA & BODY EXPRESSION RETREAT

EXPLORING AND HEALING WITH  
THE 5 ELEMENTS

PRESENTED BY  
GOA RETREATS &  
OCEANIC LUXURY BOUTIQUE HOTEL





# 8 DAYS / 7 NIGHTS RETREAT IN GOA DECEMBER 2ND TO 9TH, 2024

Yoga, Ayurveda &  
Body Expression Retreat  
Exploring and Healing with the 5 Elements

**\*\*Give yourself the gift of self-healing for the end of this year with the magic of the five elements.\*\***

Immerse yourself in a week-long journey, exploring your unique connection to the five elements—Earth, Water, Fire, Air, and Ether—through Yoga, Somatic Movement, Meditation, Breath-work, Ayurvedic workshops, and the unique “An Empty Bridge” method by Mukul Kumar.

We will delve into the wisdom of the five elements, self-care practices, and daily routines to help you understand your connection to nature and the elements that influence your body, mind, and spirit.

Live for one week in the Ayurvedic and Yogic lifestyle to harmonize and deepen your understanding of Self and of the Elements, which are the building blocks of the entire universe.



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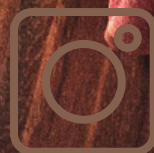


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**DURING THIS TRANSFORMATIVE RETREAT, YOU WILL:**

- PARTICIPATE IN FIVE 1.5-HOUR YOGA CLASSES THEMED ON THE ELEMENTS AND THE DOSHAS
- ENGAGE IN FIVE 2-HOUR WORKSHOPS FACILITATED BY MUKUL KUMAR, WHERE YOU WILL EXPLORE YOUR UNIQUE CONNECTION TO EACH ELEMENT THROUGH UNINHIBITED BODY EXPRESSION MEDITATION
- PARTICIPATE IN ONE **\*\*CACAO CEREMONY\*\***
- EXPERIENCE THE **\*\*FIVE-RHYTHM ELEMENTAL MOVEMENT JOURNEY\*\***
- JOIN **\*\*AYURVEDIC WORKSHOPS\*\***
- EMBARK ON **\*\*NATURE EXCURSIONS\*\***
- TAKE PART IN ADDITIONAL ACTIVITIES DESIGNED TO DEEPEN YOUR CONNECTION TO THE ELEMENTS



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# RETREAT PACKAGES

Category	EURO	USD	INR	Packages include all retreats, luxury accomodations, all meals, workshops and excursions. All Taxes Included.
1 Person Shared Twin Room	950.00	1050.00	89,000.00	
1 Person Private Room	1450.00	1650.00	1,39,000.00	
2 Persons Private Room	1850.00	2050.00	175,000.00	



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## TRAVEL DATES

Arrival Check in: December 2nd, 2024 -2pm

Check out Departure: December 9th, 2024 - 12pm

## What's Included -

7 nights at Oceanic LUXURY BOUTIQUE HOTEL

Daily Vegetarian meals (Breakfast, Lunch & Dinner)

Arrival and departure airport transfers

Daily yoga classes

Yoga mats, towels and blocks

Filtered drinking water at hotel

3 ayurvedic complementary ebooks

Purified drinking water

Free wifi

Retreat photographer

Connected group experience

Memories filled with yoga, exploring, dancing and laughs

All taxes



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## Typical Day Schedule

6:30 AM – 7:00 AM

**\*Meditation & Pranayama\*** Awaken with breathwork and mindfulness -

7:00 AM – 9:00 AM

**Elemental Exploration**

Embody the elements through movement and body expression with Mukul Kumar

9:00 AM – 10:00 AM Breakfast

11:00 AM – 12:30 PM\*\* **\*Workshop / Activities**

Engage in practices or learnings aligned with the day's element -

01:00 PM - 02:00 PM Lunch - Savor a delicious, balanced meal ---

02:00 PM - 04:00 PM Free Time Unwind, reflect, or explore optional activities

4:00 PM – 5:30 PM **Elemental Yoga**

Deepen your connection with the day's element through mindful yoga practice

07:00 PM Dinner - Share an evening meal together

08:00 PM **Five Rhythms Elemental Dance**

Let your spirit flow through a dynamic, rhythmic movement practice

Note: The structure may vary slightly based on the element explored  
and the flow of the day's experience.



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# Meet Our TEACHERS

**Dee Leborgne** certified Ayurveda lifestyle consultant & massage therapist, a Ceremonialist (Cacao, Blessing Way, sound Ceremony and Women's circle), a coach and spiritual Mentor here to support you in learning how to balance your body and mind.



She has worked internationally in Australia, Guatemala, and Paris. She is helping her clients to draw on their own inner resources and experience self-healing. For nearly a decade, she has been practicing and studying the ancient sciences such as Ayurveda, Yoga, and Shamanism.

@deeleborgne



@dazzler\_muk

**Mukul Kumar** is an aficionado of movement and art for 15 years now who finds his inner serenity within his enchanting realms. Being a Bodhisattva practitioner for 10 years now, he unearthed his method called AN EMPTY BRIDGE which is a whole spectrum that can lead to reaching to your seed of existence underneath all. These layers Author of "Am I Me?", poet, filmmaker, and choreographer, Mukul empowers others to find inner peace through creative self-discovery."



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# TESTIMONIALS



Oh my goodness Dee, I'm home and going to try implementing what I learned from you in my daily life. i wish I had you by my side everyday!! I really believe what I learned from you can be a big impact on my life. Of all my services at Villa Sumaya, my favorite was with you. I felt a good connection with you and you are so smart !!!!! :)

I've tried explaining what i learned from you to my husband so he is on board to help me too. Starting with a warm glass of water with ginger before coffee!!

Thanks Dee  
Linda, Minnesota

Dee is the BEST! I met her on an Ayuverda retreat she was leading in Guatemala and we have stayed in touch for the past 5 years. When I was prepping for my pregnancy she helped me to create an intentional ceremony for my partner and I, and advised herbs, mantras and other resources to support my path.

We became pregnant immediately and I know it was in part due to her coaching! She is so in tune with nature and can channel guidance for you on your path. I love her!

Sydney Bergen, Colorado

I was initially drawn to learning with Mukul because I loved the sense of authenticity and honest expression that I saw in his movement, as well as depth of feeling. From the first lesson we had together I really enjoyed the exercises in his Empty Bride method. I could experience a sense of freedom and have also helped me to experience meditation and gain insights about myself. The Empty Bridge exercises have been helpful to me not only in terms of expression in movement, but also in daily life in helping me to feel more present in the moment. I feel that what Mukul is offering can contribute to deep transformation.

Ania barma

I had never tried Ayurveda before so it was very interesting for me to learn about the philosophy behind it. I loved that the classes were very well rounded - they included lots of breath work, internal work and visualization, as well as challenging physical portions.

I also really loved Dee's style. She is a warm, empathetic, and intuitive teacher with amazing energy. I would highly recommend her to anyone at this wellness & yoga retreat Guatemala."

Susan Blogger Brooklyn Tropicali, New York



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