

21-28 February 2027

Return _{TO} BALANCE



Yoga, Ayurveda & Restorative Practices for
Sustainable Health

8 days / 7 nights - South Goa

📍 Location: Khaama Kethna, Canacona (South Goa)

Nestled in the jungle, Khaama Kethna offers simple wooden huts surrounded by nature, while still providing comfort and essential facilities. The environment itself supports slowing down, grounding, and reconnection.

RETREAT OVERVIEW



Return to Balance is an 8-day immersive retreat designed to support sustainable health through yoga, Ayurveda, and restorative practices. This retreat is not about pushing, fixing, or transforming yourself into someone new. It is about learning how to listen, how to regulate your nervous system, and how to integrate simple, realistic practices into daily life.

Each day is structured to balance movement, education, rest, and integration, allowing participants to experience practices in their body while also understanding why they work and how to continue them at home.

Rather than offering constant stimulation, the retreat intentionally includes quiet spaces, low-stimulation windows, and rest periods, supporting deep regulation rather than exhaustion.

Group Size: 10-15 participants

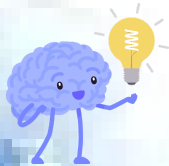


WHAT MAKES THIS RETREAT DIFFERENT?



Education, not just experience

You will not only do yoga and Ayurveda — you will learn how to apply them in daily life.



Nervous-system literacy

Practices are chosen to support regulation, resilience, and long-term wellbeing.



No forced socialisation

Connection is welcomed, never required.



Silence and low-stimulation windows

Space is given for integration, reflection, and rest.



DAILY RHYTHM & PRACTICES

Each day follows a consistent rhythm to support safety, grounding, and nervous-system regulation.



Morning

Awakening & Grounding

- Gentle or more dynamic yoga practice (adapted to the group)
- Pranayama to circulate energy and awaken the body
- Meditation for grounding and presence
- Practical Ayurveda theory class
(digestible, applicable, and rooted in daily life)



Afternoon

Rest & Integration

- Free time for rest, journalling, nature, or quiet reflection
- Optional 1:1 sessions (Yoga Therapy, Reiki, Astrology, Tarot)



Late Afternoon

Deep Rest

- Yin Yoga or therapeutic practice
- Yoga Nidra for deep relaxation and improved sleep quality



Evening

Immersion & Subtle Practices

- One evening activity per night, such as:
- Breathwork session
- Kirtan
- Group Reiki session
- Ayurvedic cooking class
- Trataka (candle-gazing meditation)
- Mantra & five elements theory (adapted to participants)
- Evenings are intentionally calm and grounding, supporting rest rather than stimulation.



MODALITIES INCLUDED

Yoga

Gentle flow, Dynamic flow

Yin Yoga & Yoga Nidra

Alternating sessions, with therapeutic practices

Ayurveda

- *Understanding your dosha
- *Morning kriyas
- *Digestive health & daily rhythms
- *Practical cooking tips aligned with constitution

Reiki

One group session + optional 1:1 sessions

Therapeutic education

- *How to rest
- *How to regulate
- *How to care for mental and emotional health sustainably



WHO THIS RETREAT IS FOR?

- People motivated to understand their body and health more deeply
- Anyone feeling stressed, tired, or disconnected and looking for sustainable tools
- Those ready to slow down and listen inward
- People willing to invest financially and emotionally
- Anyone who values depth over performance

WHO THIS RETREAT IS NOT FOR?

- People looking for a party or a “yoga holiday”
- Those seeking constant stimulation or entertainment
- Anyone expecting to be “fixed” by the retreat
- People primarily focused on social media or image-building





LEVEL & ACCESSIBILITY

- Suitable for beginners and experienced practitioners
- Adaptations offered for most physical conditions
- Open to people experiencing stress or health challenges

Contraindications:

This retreat is not suitable for individuals with severe or acute mental health conditions requiring clinical or psychiatric care, as we are not licensed psychologists or psychiatrists.



PRACTICAL CONTAINER

Silence:

- Silence during meditations and certain practices
- Daily 30 minutes of noble silence (can include journalling)

Free time:

- Approximately 3 hours daily (early afternoon)

1:1 sessions (optional, paid separately):

- Yoga Therapy
- Reiki
- Astrology & Tarot

Digital boundaries:

- Phones are put aside during classes and morning practices
- Conscious use is encouraged
- Space is allowed for sharing content if desired



WHAT YOU'LL TAKE HOME?

Six months after this retreat, we hope you remember:

- Your breath
- Small, realistic self-practices
- How to pause before overwhelm
- How to choose practices that truly support you

This retreat supports a shift toward self-awareness, mental health care, and embodied choice, not perfection.



YOUR HOSTS

We, Neel and Jelix, met in Goa at the end of 2023 and immediately clicked on a human and energy level.

Our comprehensive expertise spans multiple yoga disciplines. Our specialised therapeutic approach and integrated Ayurvedic principles create transformative healing experiences.

Neel lives for Vipassana. She started teaching yoga classes alongside her academic career before fully converting to being a yoga teacher and training future teachers in TTCs. Her passion for yoga is one she loves transmitting to students and also helping people through her Yoga Therapy sessions.

Jelix and yoga were not always a love story. It took a world trip ending in India with a month-long stay in an Ashram for her to start changing that idea. Her path to finding inner peace has not always been simple and she therefore has a real desire to share with others all that yoga - in the large sense of the word - has brought to her.



DAILY SCHEDULE

07:00 - 09:00 Morning Yoga, Pranayama & Meditation

09:00 - 10:00 Breakfast

10:15 - 11:45 Ayurveda Theory Class (practical & applied)

12:00 - 13:00 Lunch

13:30 - 16:30 Rest / Journalling / Optional 1:1 sessions

16:30 - 17:00 Herbal Tea

17:00 - 18:00 Yin Yoga or Therapeutic Practice + Yoga Nidra

18:00 - 19:00 Dinner

19:30 - 21:00 Evening Program (varies by day)





PRICING



PRIVATE COTTAGE

(Sngle Occupancy)

€1250 pp

(Early Bird: €1050 pp)*



PRIVATE SHARES COTTAGE

(Twin beds or double beds)

€1100 pp

(Early Bird: €925 pp)*



DUPLEX COTTAGE

(sleeps 4, twin beds or double beds)

€950 pp

(Early Bird: €800 pp)*

***Early Bird prices are limited to the first 5 bookings and available until October 2026.**

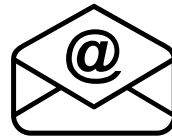


CONTACT & BOOKINGS

For all bookings and enquiries:



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Blue Pea Yoga



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