



RETREATS @ YOKE



25/26

WWW.YOKEGOA.COM



BRING YOUR OFFER TO YOKE



YOGA

Yoga & meditation trainings and retreats,
CPD courses, residential workshops



WELLNESS

Sound healing, reiki, bodywork and plant
medicine trainings and experiences



CREATIVE & CORPORATE

Creative writing, pottery, painting, and
professional gatherings

WE ARE A NOW AGE WELLNESS VENUE

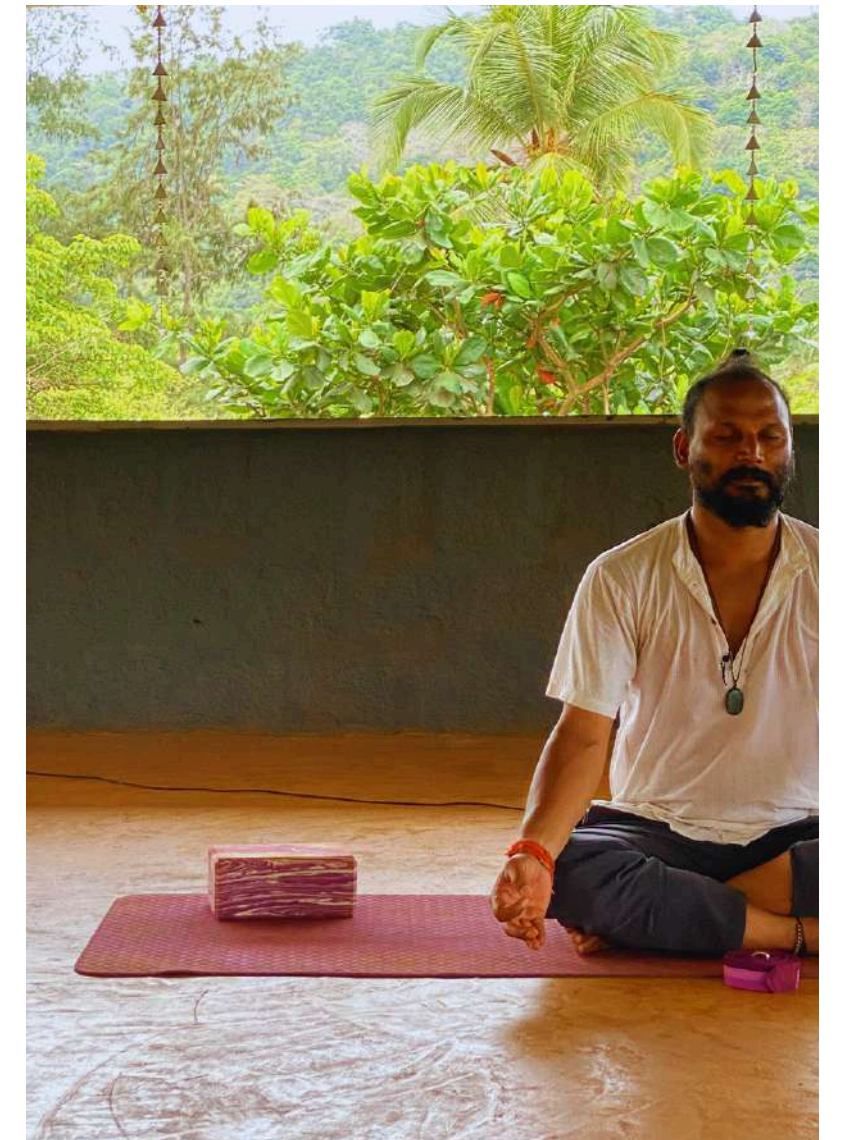


INTRODUCTION

We are a boutique sound healing shala, retreat and teacher training venue nestled between the ocean and the jungle, in one of South Goa's most peaceful beach villages.

Our wellbeing sanctuary is spread over half an acre of land just 100m from the Arabian Sea, gently tucked under the very first palms of the jungle canopy. We can host up to 18 people for soulful stays in our range of cottages.

Our zen space includes our signature main shala, nestled amidst the palm trees, alongside a second shala/workshop, our onsite cafe and chillout area, as well as our treatment room and brand new stand-up ice tubs. The site is scattered with magical little nooks for rest, relaxation and contemplation.



OUR BRAND

ABOUT YOKE

Yoke was founded in 2024, an expansion of founder Janie's sound healing studio **SILENCE & NOISE** which began life in the UK in 2017; migrated to Goa in 2021, and has grown into one of the region's most talked-about venues.

Yoke has 6 full time employees, up to 20 guest facilitators, and operates a sound apprenticeship programme.

We run a low-carbon (we're aiming for net-zero), sustainably minded site and are here for positive change and long-lasting impact.

OUR VIBE

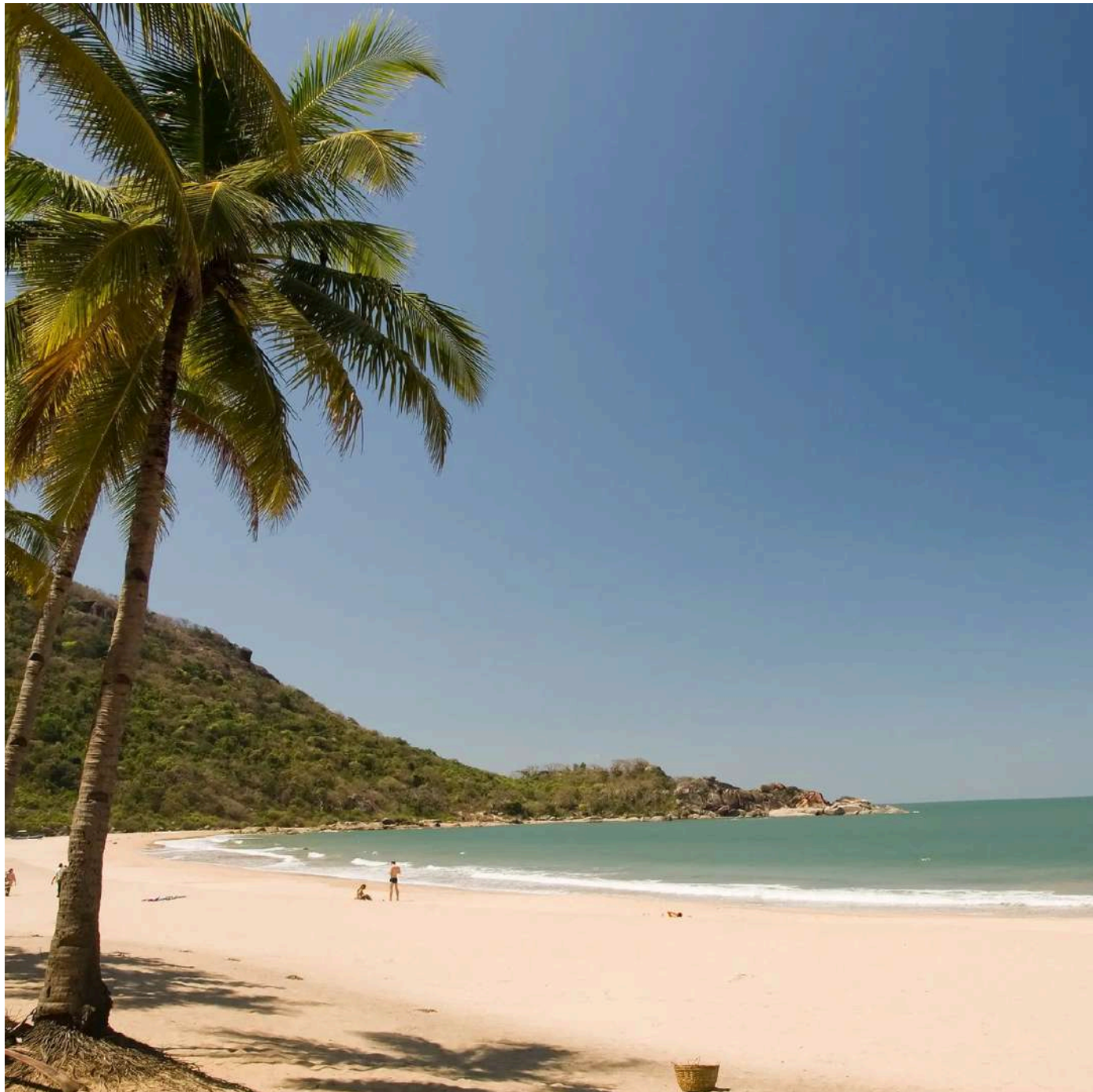
We are all about creating connection, community, and intimate trainings, retreats and experiences. Our ethos is boutique and beautiful - doing things gently and considerately, and tailoring them to every soul in the space.

We host our own retreats as well as welcoming external facilitators. Our trainings are predominantly integrations around sound healing, yoga, reiki and modalities such as plant medicine, ayurveda, and bodywork.

In between hosted events we offer soulful co-living, a creative marketplace, and pop-up music and culinary events.



WHERE WE LIVE



Agonda is a peaceful, magical, yoga-loving village in South Goa. We are based at the south end of the beach, close to the world-famous Sampoorna Yoga school and some of the best cafes and restaurants in the area. The beach here is beautiful white sand, perfect for swimming, and lovely little waves for longboarding. It's the perfect spot for exploring south Goa for those looking for a gentle, spiritual and soulful experience.

We are 15 minutes by autorickshaw, taxi or scooter from Palolem and Patnem, where there's a bigger scene and lots more local resources if you want/need them.



ABOUT THE VENUE

OUR SPACE

Yoke is an intimate venue - we've cultivated a community spirit and sense of intimacy despite being so popular with drop-in students and cafe dwellers in addition to our onsite residential guests.

We've designed the space to feel like a home from home - a sanctuary that's restful, peaceful and above all - a very safe space both physically and energetically.

OUR NEW LOCATION

YOKE IS MOVING

We will be moving into our new location in July 2025, and completing a redecoration project ready to open on October 1st 2025.

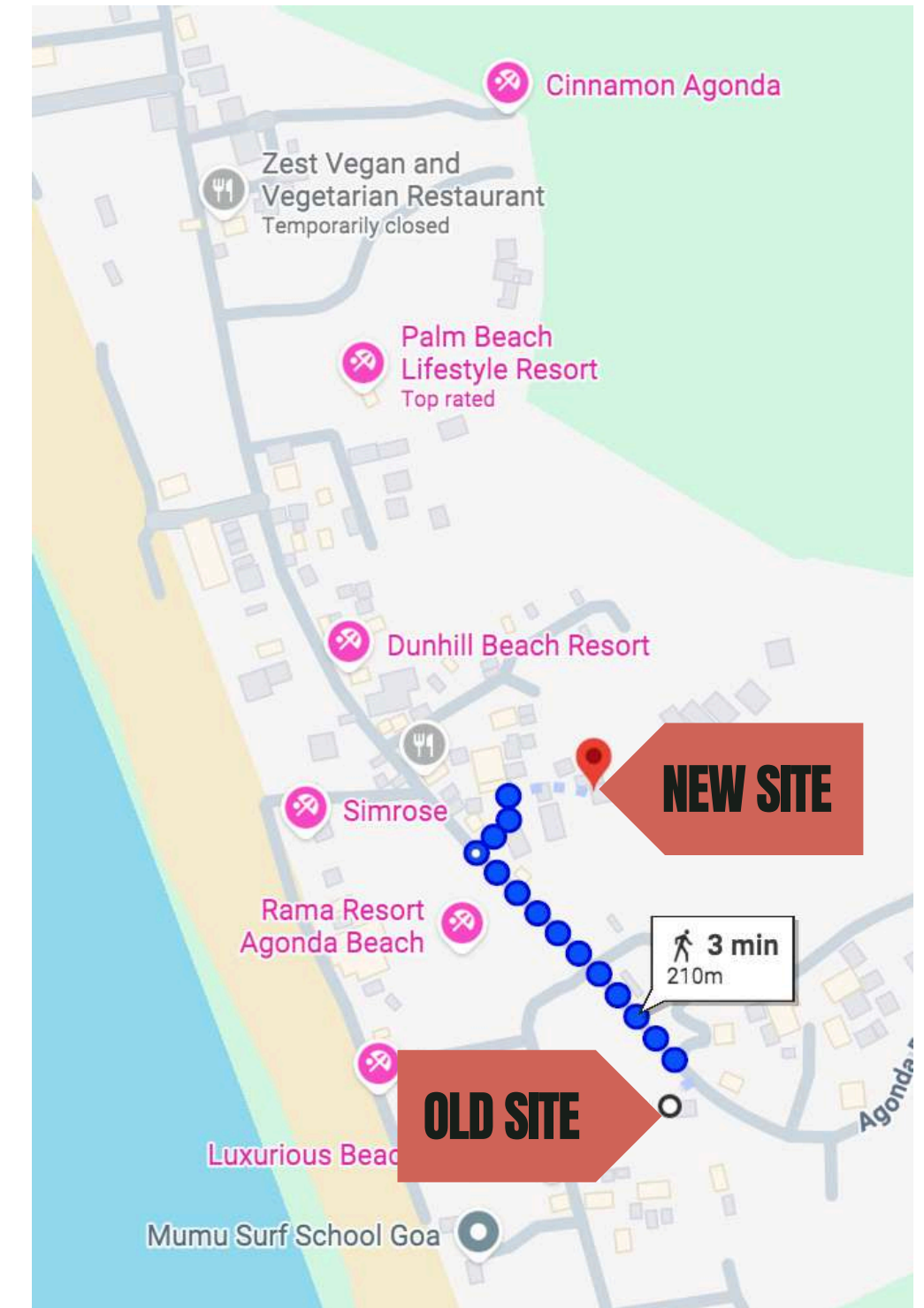
The design, brand vision and attention to detail of our original site will very much be coming with us! We will be applying the same interior design concepts, paint palette and textured decor to the new jungle space, so whilst we don't have completed pictures as yet (most of the work will happen as the monsoon wanes during September) you can be assured that our current site images are very much consistent with the new space!

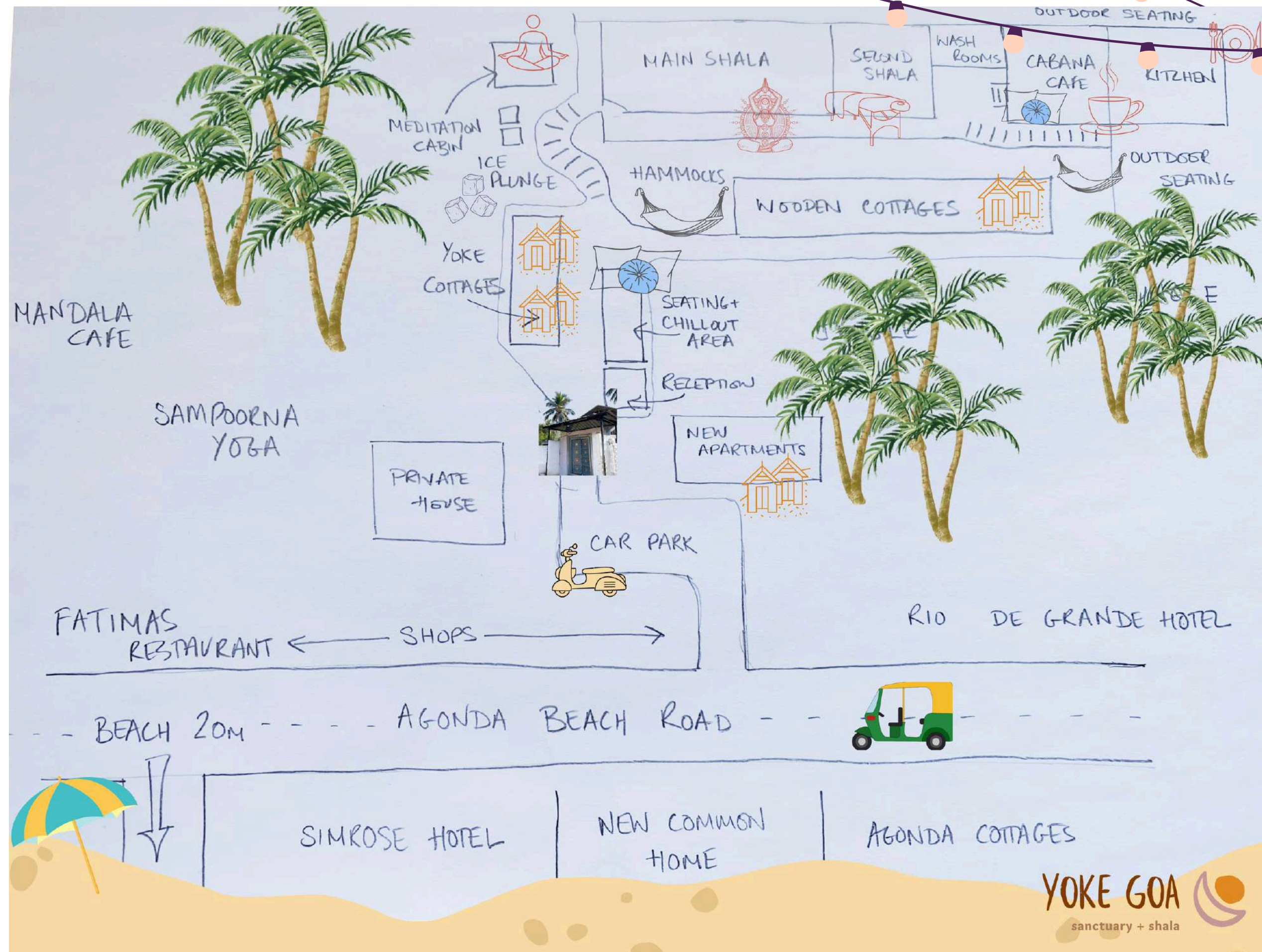
WHAT'S CHANGED?

The new site is approximately 200m away from the current one, a 3 minute walk.

We are now slightly closer to all the village amenities and shops, located adjacent to Sampoorina Yoga, and accessed via the path alongside the Rio de Grande Hotel.

The site is on the jungle side of the road, so we now have the shade of the start of the jungle canopy to cool us off! Yet we are still the same distance - in fact ever so slightly closer - to the beach, just a 1 minute walk from our cottages.





A little graphic map to help bring the site to life. What we'll be adding:

- Our signature gated entrance
- A rebooted reception cabin
- A new chillout lounge area for reading and relaxing
- Our ice plunge baths
- A jungle meditation cabin

We will be decorating and renovating:

- The 4 Yoke Cottages (concrete)
- The 4 Wooden Cottages
- The Main Shala
- The Second Shala/Treatment Rooms
- The Cafe - into our new look Cabana Wellness Cafe
- Plus scattering the site with hammocks, swings, and festoon lighting.

OUR NEW LOCATION

WHAT'S NEW?

We have an additional second yoga shala to house smaller classes, workshops and treatments (we will continue to have our same wonderful bodywork therapists Ravi and Ellie onsite with us through the season) and a huge upgrade to our cafe with a larger kitchen and covered chillout cafe area. We'll be decorating it with floor-seating and low tables, as well additional tables, hammocks and breakout spaces scattered in the little jungle spaces around the site.

Accommodation is more varied than before which is really beneficial in terms of being able to offer a broader range of costs back to guests. We now also have twin rooms and even a dorm room to really support a range of budgets.

TOP IMAGE: outside the wooden cottages, the pink is AI. We'll be fully decorating and colour changing these.

BOTTOM IMAGE: inside the cafe/chill area which will be fully decorated, roof clad and filled with lounge furniture.

WHAT'S CHANGED?

Unfortunately we can't take our spa with us so we won't have a steam room and sauna to offer. We are considering building a sauna or hot tub, but we won't be able to spec this fully until September 2025 so these remain tbc for now.

We WILL be continuing with our ice baths though, and are investing in the stand-up plunge pods we prefer, these will have their own area at the new site, with more privacy and a special rest and relaxation area for guests to use during their contrast therapy sessions.



BEDROOMS

OUR NEW CONFIGURATION

4 x concrete AC cottages with double beds for 1 person or couple

3 x wooden cottages for 2 people in single beds

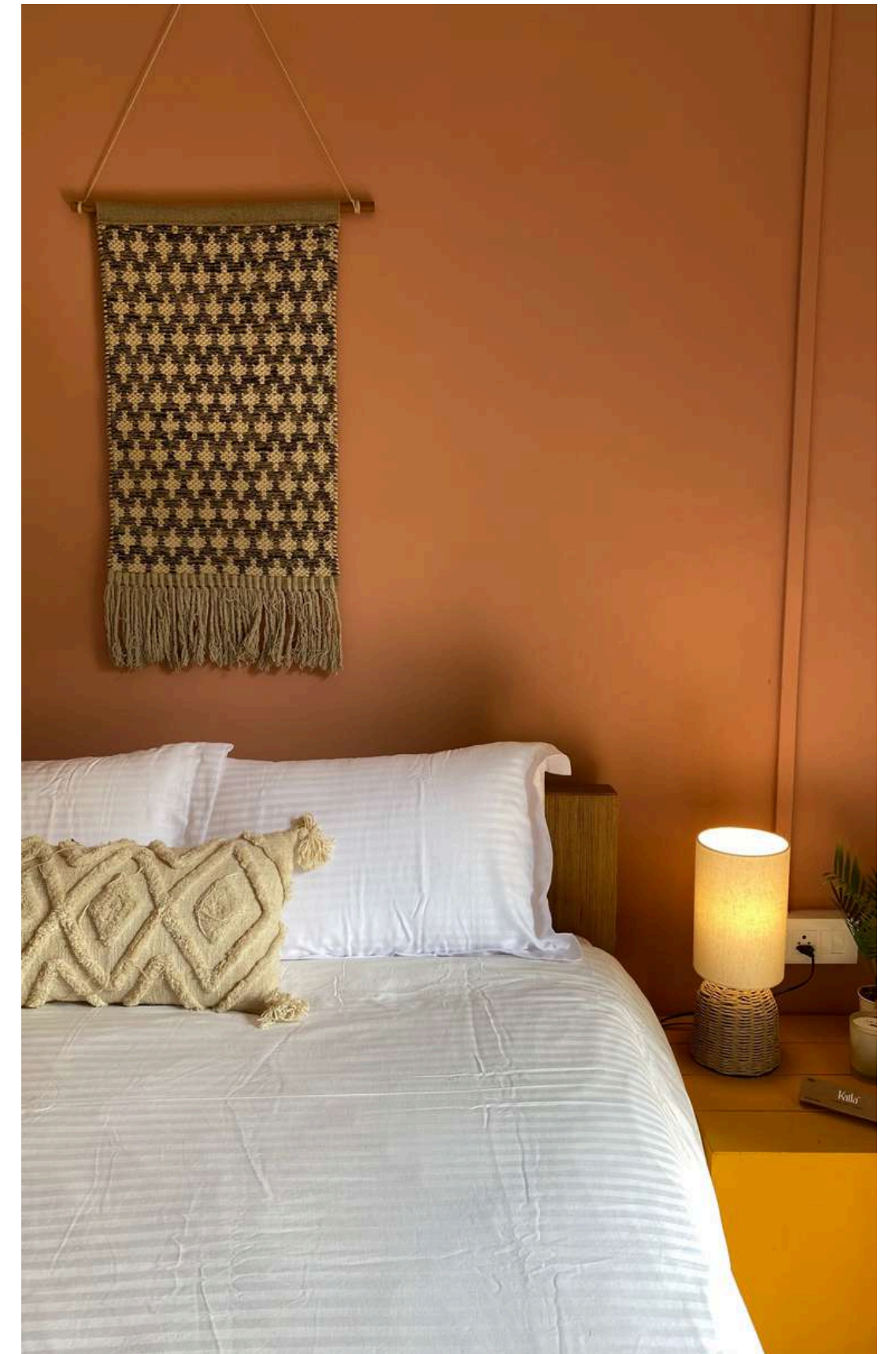
1 x wooden cottage for 4 people in single beds

**TOTAL SITE CAPACITY : 14 in own beds
(up to 18 if double beds are shared)**



We will be decorating our new site consistently with the existing one, from which the images on this page are taken. All our bed linens, decor, lighting and little extra touches will be coming with us.

The following pages show the configuration of rooms available but images show them in their CURRENT state - we will be decorating in September 2025 as the monsoon season draws to a close, and fresh pictures of our beautiful new site and rooms will be available then.





BEDROOMS

YOKE COTTAGES

- 4 x concrete cottages with double beds, **designed for solo or couple occupation**
- Air conditioning
- Kitchenette including tea/coffee making facilities
- Attached Western style bathroom with overhead shower
- 8" deep European mattress
- High thread count cotton sheets and towels
- Premium Ayurvedic toiletries
- Decorated in a soft luxe style with Kilim cushions, warm lamps and textured wall art
- Sustainable temple flower incense gift and locally made premium candles in all rooms
- Own palm-fringed balcony with seating
- Will be painted in our brand colours (see previous page for reference)





BEDROOMS

WOODEN COTTAGES

- 3 x wooden & tile roof cottages with two single beds, **designed for twin occupation**
- Attached Western style bathroom with overhead shower
- 8" deep European mattress
- High thread count cotton sheets and towels
- Premium Ayurvedic toiletries
- Decorated in a soft luxe style with Kilim cushions, warm lamps and textured wall art
- Sustainable temple flower incense gift and locally made premium candles in all rooms
- Own palm-fringed balcony with seating
- Will be painted inside and out in our brand colours (see previous page for reference)

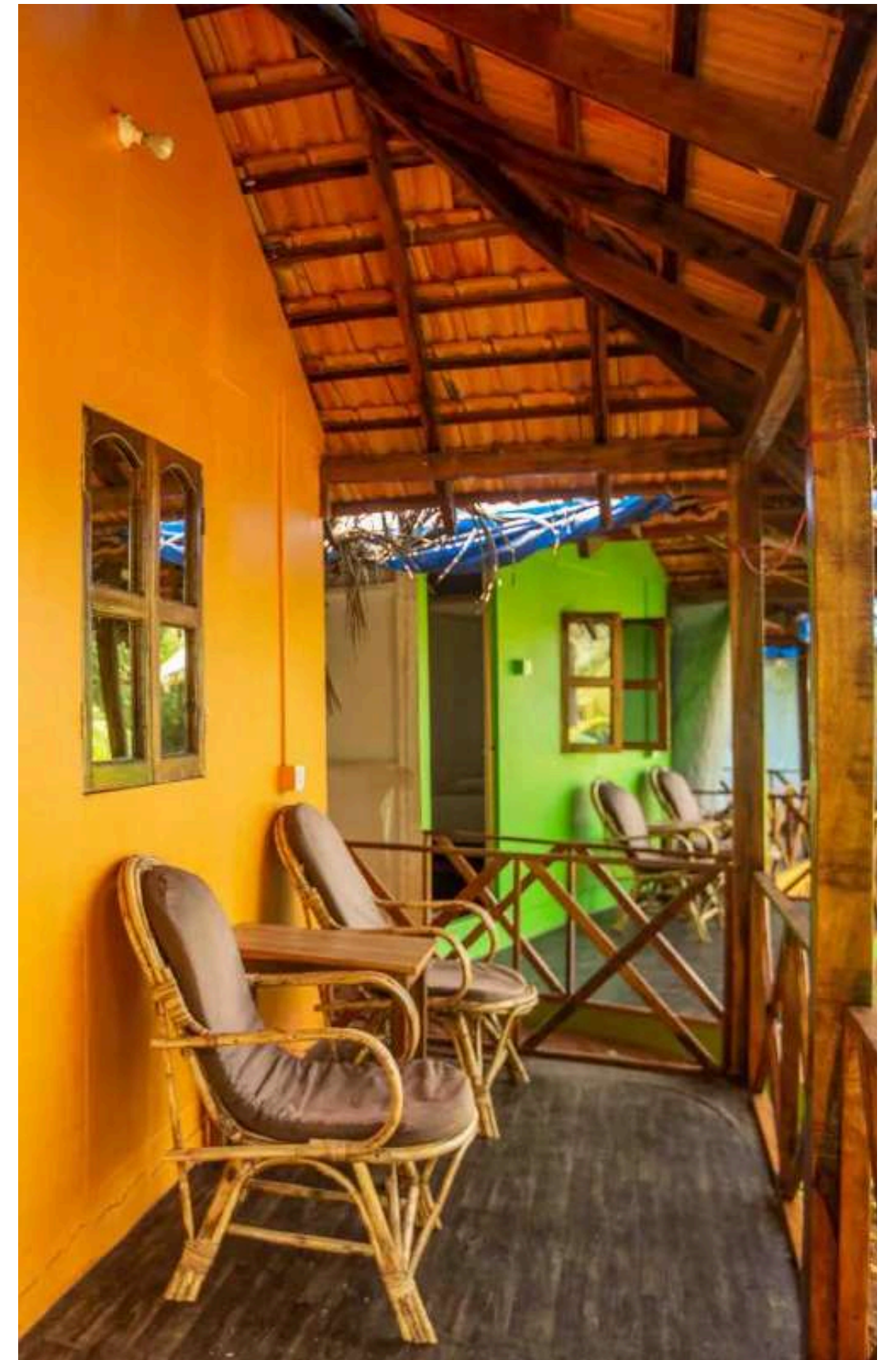




BEDROOMS

WOODEN COTTAGE DORM

- 1 x wooden tile-roof cottage with four single beds, **designed for quadruple occupation**
- Attached Western style bathroom with overhead shower
- 8" deep European mattress
- High thread count cotton sheets and towels
- Premium Ayurvedic toiletries
- Decorated in a soft luxe style with Kilim cushions, warm lamps and textured wall art
- Sustainable temple flower incense gift and locally made premium candles in all rooms
- Own palm-fringed balcony with seating
- Will be painted inside and out in our brand colours (see previous page for reference)





SHALA

- Our new shaded shala will be tucked into the cool jungle canopy at the top of the site, with semi-open sides to allow nature in and the same billowing textured styling, giant plants and attention to detail as **our current shala (pictured)**
- 12 premium yoga mats, bolsters, cushions, blocks and straps
- 20 squishy mattresses for yin/sound/nidra
- JBL Eon Professional PA Speaker with onboard mixer

THE SHALA



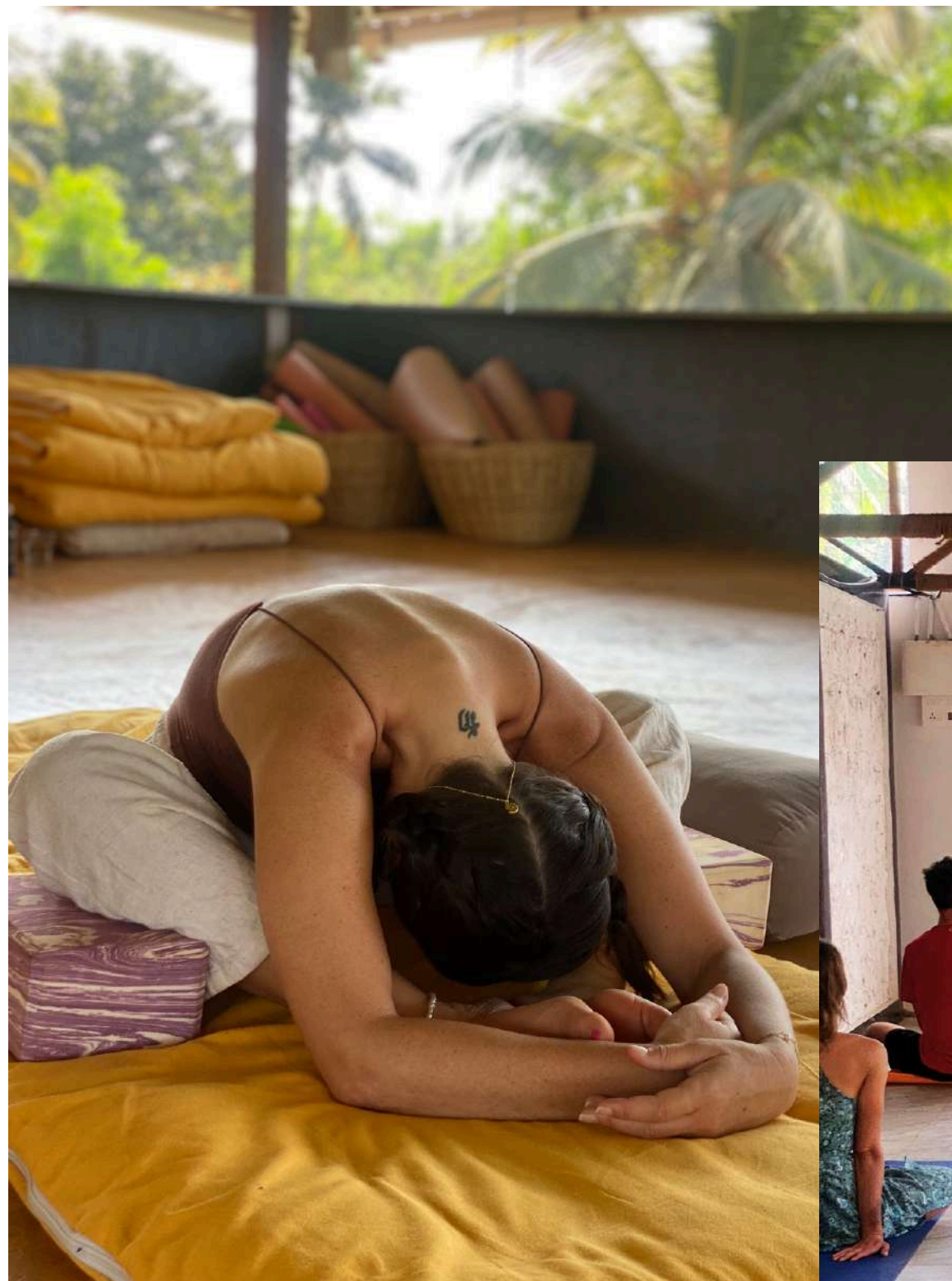


THE SHALA



- The shala remains our centrepiece and will be designed to premium standards with a cream fabric draped ceiling, mountains of festoon lights and neutral drapes along the open sides, fluttering into the jungle outside.
- All our beautiful mattresses, crystals, plants will be coming with us, and our sound healing instruments will be displayed as always.
- The second shala will be designed similarly with a curtained of area suspended from bamaboo poles, so it can double up as a treatment space when required.
- The picture to the right is and AI adapted image of the *actual* new shala - it was previously used for massage trainings so we do not have a clear picture as yet! It is about twice hte size of our previous space.

SHALA



- Curtained treatment rooms with Ayurvedic/European treatment beds
- Secondary shala for workshops or breakout space, kitted out with floor mattresses, cushions and more yoga mats



SAFE SPACES

COMMUNAL SPACES



- Cafe-bar with free hot and cold mineral water, self-serve tea facilities and refrigerators for residential guests.
- Public-facing cafe with barista coffee, wellness drinks, juices, smoothies and healthy snacks.
- Covered cafe cabana with lounge-style floor seating.
- Jungle seating and chillout hammocks for eating, resting and relaxing
- Stand-up ice bath plunge pods and outdoor shower
- Dedicated solo meditation spaces
- Fully-equipped staff-only kitchen for caterers
- Superfast WiFi throughout the property



TESTIMONIALS



“MYSELF AND MY DAUGHTER ATTENDED AN INCREDIBLE SOUND HEALING SESSION AT YOKE . I KNOW I RELEASED EMOTIONS . PROBABLY THE BEST SOUND HEALING I HAVE ATTENDED . IT WAS AMAZING AND I AM SO THANKFUL FOR THE OPPORTUNITY . I ALSO DID THE COLD PLUNGE (MY FIRST TIME) - PANKAJ PREPARED ME WELL AND I FELT VERY SAFE AND LOOKED AFTER . THE YOKE GARDEN IS SO TRANQUIL . I WOULD 100 PERCENT LOOK TO STAY AT YOKE IN THE FUTURE . THESE KINDS OF PLACES ARE A TRUE BLESSING FOR MANKIND.”

BIJAL, INDIA

TESTIMONIALS



“I SPENT 10 WONDERFUL DAYS AT YOKE GOA, AND IT WAS TRULY A SANCTUARY OF PEACE AND HEALING. I ALWAYS FELT COMPLETELY SAFE WITHIN THIS SPACE FILLED WITH GOOD ENERGY AND KINDNESS. THE ATMOSPHERE IS CALM, NURTURING, AND DEEPLY SUPPORTIVE OF WELL-BEING. WHETHER FOR YOGA, RELAXATION, OR SIMPLY RECONNECTING WITH YOURSELF, YOKE IS THE PERFECT PLACE TO BE. HIGHLY RECOMMENDED FOR ANYONE SEEKING A SECURE AND UPLIFTING RETREAT!

ADELINE, PORTUGAL

TESTIMONIALS



“THIS PLACE IS A TOTAL HAVEN. YOU WALK INTO A WALLED SPACE, SO BEAUTIFULLY DECORATED AND WITH THE MOST CALM AND WELCOMING ENERGY. THIS WAS A WONDERFUL SAFE NEST TO SETTLE INTO.

IT IS A 2 MIN WALK FROM THE BEACH, AND FAR ENOUGH FROM THE MAIN ROAD SO YOU CAN SLEEP PEACEFULLY. ROOMS ARE VERY WELL CLEANED AND PRIVATE. THE DECORATION IS CALMING, THEY SUPPLY A SCENTED CANDLE AND INCENSE STICKS IN THE ROOM FOR YOU TO ENJOY.

A CAREFULLY PREPARED AND DELICIOUS BREAKFAST FROM ISH WAS THE PERFECT START TO THE DAY. THE STAFF ARE VERY KIND AND MAKE SURE YOU ARE WELL LOOKED AFTER, WITH FANTASTIC TIPS ON WHERE TO GO TO IN AND AROUND AGONDA.

100% RECOMMEND STAYING HERE, ESPECIALLY AS A FEMALE SOLO TRAVELLER, FOR SURE THE BEST PLACE TO STAY IN AGONDA.”

NINA, AMSTERDAM

GETTING HERE GETTING AROUND

Goa is served by two international airports:

DABOLIM (GOI) is 90 minutes journey by road

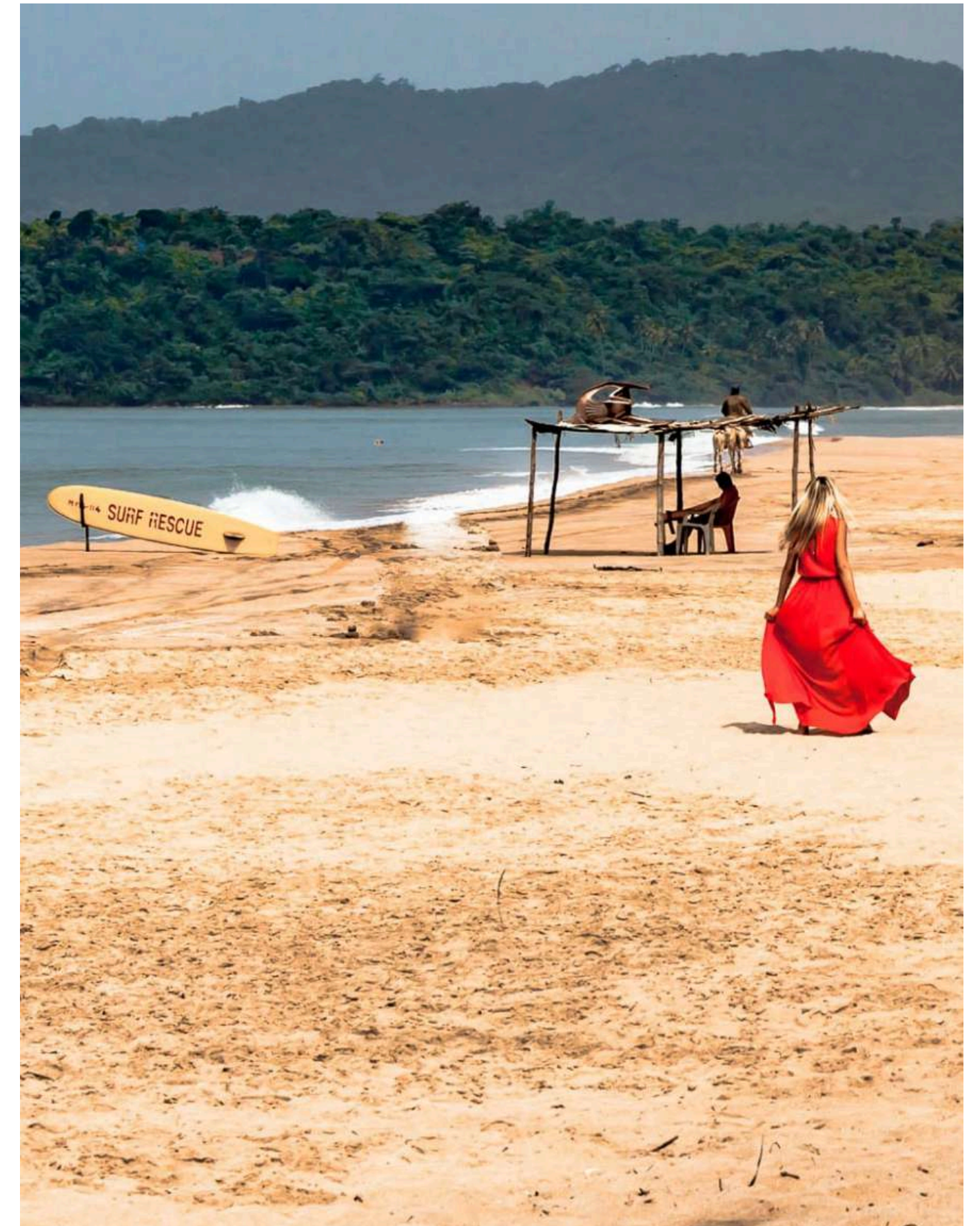
MOPA/MANOHAR (GOX) is up to 3 hours journey by road

There are some buses from Dabolim which take around 2.5 hours including stops, but in general it's advisable to take a taxi to reach us - we can of course arrange this for you and your guests either as a group or via individual bookings.

As a guide price, a one way trip to Dabolim is usually 3000Rs and to Mopa 5000Rs. **Please be mindful of awkward night flight arrival times.** As well as impacting logistics for check-in , all taxis will bill a surcharge for airport transfers between 10pm and 7am.

Once in Agonda you'll be able to move around on foot no problem. We can direct you to the right places for local rickshaws, taxis and scooter hire if you are keen to get roaming in the wider area.

In general, a trip up to half an hour away should be no more than £5 - £6 in a taxi, a little less in a rickshaw. Scooters will cost around £5-6 per day to hire in high season.



PRICES

- PRICES ARE LISTED **PER PERSON PER WEEK (7 NIGHTS)**
- WE ONLY OFFER FULL SITE HIRE OF ALL 8 BEDROOMS - WHETHER YOU USE THEM ALL OR NOT
- **DURING HIGH/PEAK SEASON WE ONLY OFFER 7 NIGHT STAYS**
- DURING LOW SEASON WE WILL CONSIDER SHORTER STAYS ON AN INDIVIDUAL BASIS - ASK US!

Please ask for a custom quote based on your headcount and room configuration. The dorm wooden cottage will be costed as a twin if you only have two people in it, or the DORM price applies for 3 or 4 occupants.

LOW SEASON

4TH - 31ST OCT 2025
29TH MAR - 31ST MAY 2026

Yoke Cottage - Solo	€450
Yoke Cottage - Double	€315pp
Wooden Cottage - Solo	€385
Wooden Cottage - Twin	€315pp
Wooden Cottage - Dorm	€245pp

Minimum 7 night total cost €3340

HIGH SEASON

1ST NOV - 13TH DEC 2025
10TH JAN - 28TH MAR 2026

Yoke Cottage - Solo	€525
Yoke Cottage - Double	€350pp
Wooden Cottage - Solo	€455
Wooden Cottage - Twin	€385pp
Wooden Cottage - Dorm	€315pp

Minimum 7 night total cost €3920

PEAK

14TH DEC 2025 - 9TH JAN 2026

Yoke Cottage - Solo	€595
Yoke Cottage - Double	€385pp
Wooden Cottage - Solo	€525
Wooden Cottage - Twin	€455
Wooden Cottage - Dorm	€385

Minimum 7 night total cost €4480

**** the minimum 7 night cost reflects the absolute lowest total you will have to pay, and assumes you have 1 person per room (8 people onsite)**



INCLUSIONS



FOOD

Your stay includes sunrise juice and fruit plates, and our house buffet brunch for after your morning class (granola, yogurt, smoothie bowls OR South Indian sambal, dal and breads as you prefer). **Our pricing also includes a Goan style dinner** prepared onsite - expect a classic sharing feast of freshly made curries, dal, rice, breads and tropical salads. If you are looking for additional diversity or to change up your cuisine nightly, we also work with a range of external caterers** who can provide alternative cuisines such as vegan Tanjore style; Lebanese meals; or more European style raw retreat fare. ***NB. Offsite catering will be quoted on request and may be subject to an additional charge.*

Our kitchen is 100% vegetarian and can operate as vegan on request.

DRINKS

Mineral water, herbal teas and French press coffee are on tap, and we can run a tab on our barista coffee bar for you if you'd like to offer a deeper range of wellness drinks to your guests.

TEAM

We always have a FOH team member, receptionist and housekeeper onsite. You will also be allocated a dedicated Retreat Producer who will be your point person for all your needs whilst you are with us, and will be available to support you pre-stay with planning, local transfers and sourcing any local items/suppliers you may need.

SHALA & SOUND

You have exclusive use of the shala from 7am to 5.30pm each day.

***We hold a public sound/yin/ event in the shala most evenings and your group can attend ONE sound session during your stay.*

SPA

You also receive one 90 minute guided ice bath/meditation session for your group included in your stay.

BOAT TRIP

A sunrise or sunset boat trip is included - dolphin spotting is a dawn must!

WHAT TO EAT

SAMPLE MENUS



SUNRISE BEFORE MORNING CLASS

Hot Water & Lime
-
Orange Juice
Watermelon Juice
Pineapple Juice
-
Tropical Fruit Plates

SNACKS AVAILABLE AT THE CAFE

Full Barista Coffee & Wellness
Beverage Menu
Juices, Kombucha, Vitamin Sodas
-
Chocolate Peanut Protein Balls
Daily Cake - Banana Bread with
Cashew Orange Cream

BRUNCH AFTER MORNING CLASS

Idli Sambar
Coconut Chutney
-
Masala Dosa
Pumpkin Chutney
-
Homemade Granola
Stewed Fruits
Curd/Coconut Yogurt
-
Goan Smoothie Bowl of iced
fresh fruits topped with seeds,
nuts, coconut, cacao nibs and
flowers
-
Chai, tea and coffee with
wellness boosters (mushrooms,
CBD etc)

DINNER

AFTER SUNSET, SERVED AS A SHARING FEAST

Okra Masala
Vegetable Xacuti
Dal Makhni
Tarka Dal
-
Mixed Leaf & Vegetable Salad
Jeera Rice
Roti & Chapati

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Spinach & Feta Falafel
Tabbouleh, Pomegranate & Seeds
Sauted Warm Vegetable Salad
-
Lemon & Coriander Rice
Warm Pitta & Chapati
Topped Hummus & Labneh Dips

OPTIONAL EXTRAS



- 01 We can supply a yoga teacher for daily classes or specific workshops
- 02 Sound Healing is our #1 offering - book a group session or try a breathwork journey or ecstatic dance
- 03 1:1 services include massages, astrology, tarot readings or reiki healing
- 04 Day trips to spice farms, waterfalls and wildlife sanctuaries



- 05 Arrange a cooking or crafty class - macrame, mala making or pottery.
- 06 Take a temple tour with our local guides - we'll check for festivals
- 07 Have a sound session or jam night on the sunset rocks or book local musicians to accompany your dinner
- 08 Hit the waves with our local surf school

EXTRAS TO ADD ON

BOOKING TERMS



DEPOSIT

Your deposit for Low/High/Peak season is €2000. This confirms your dates and is non-refundable.

PAYMENTS

Your balance is due 4 weeks before your retreat start date. Payments must be made in the billed currency of Euros or Rupees only, via direct bank transfer or via Wise or Revolut. We cannot accept card. Additions incurred onsite including any cafe and spa bills must be cleared before departure.

CANCELLATION

You may cancel your retreat up to 8 weeks before the start date - you will lose your deposit but will not be charged extra. If you cancel less than 8 weeks before your start date you will be liable for the full cost of the retreat. If we are forced to cancel we will refund you in full.

CONTACT US

PHONE

+91 93071 15079

HELLO@YOKEGOA.COM

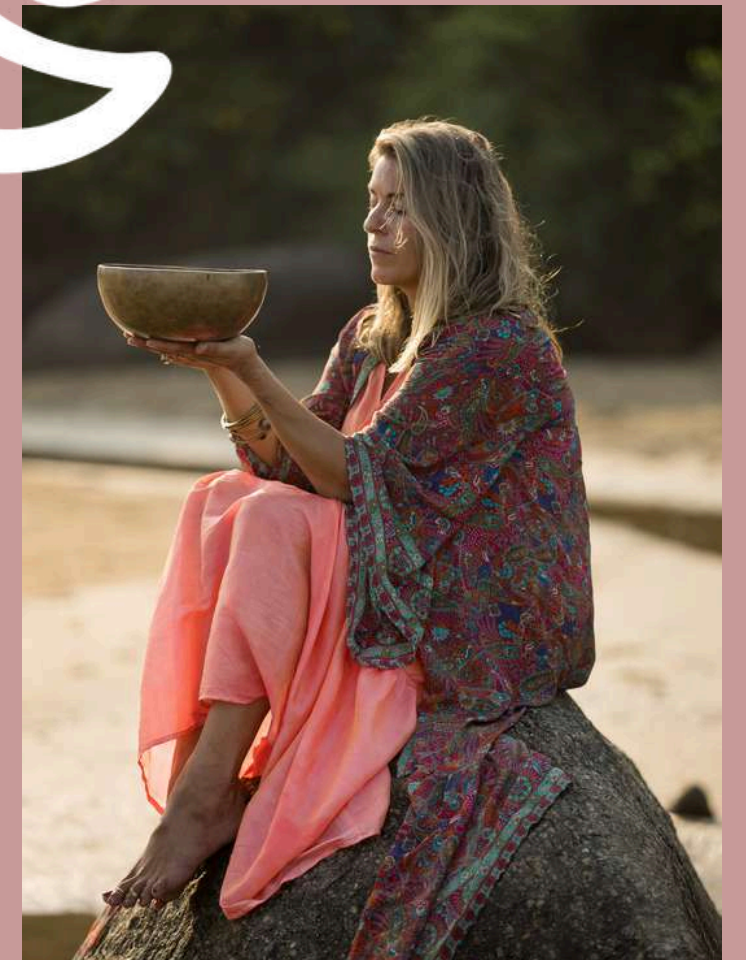
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THANK YOU

25-26



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