



# RETREAT WITH US



**25/26**

[WWW.YOKEGOA.COM](http://WWW.YOKEGOA.COM)





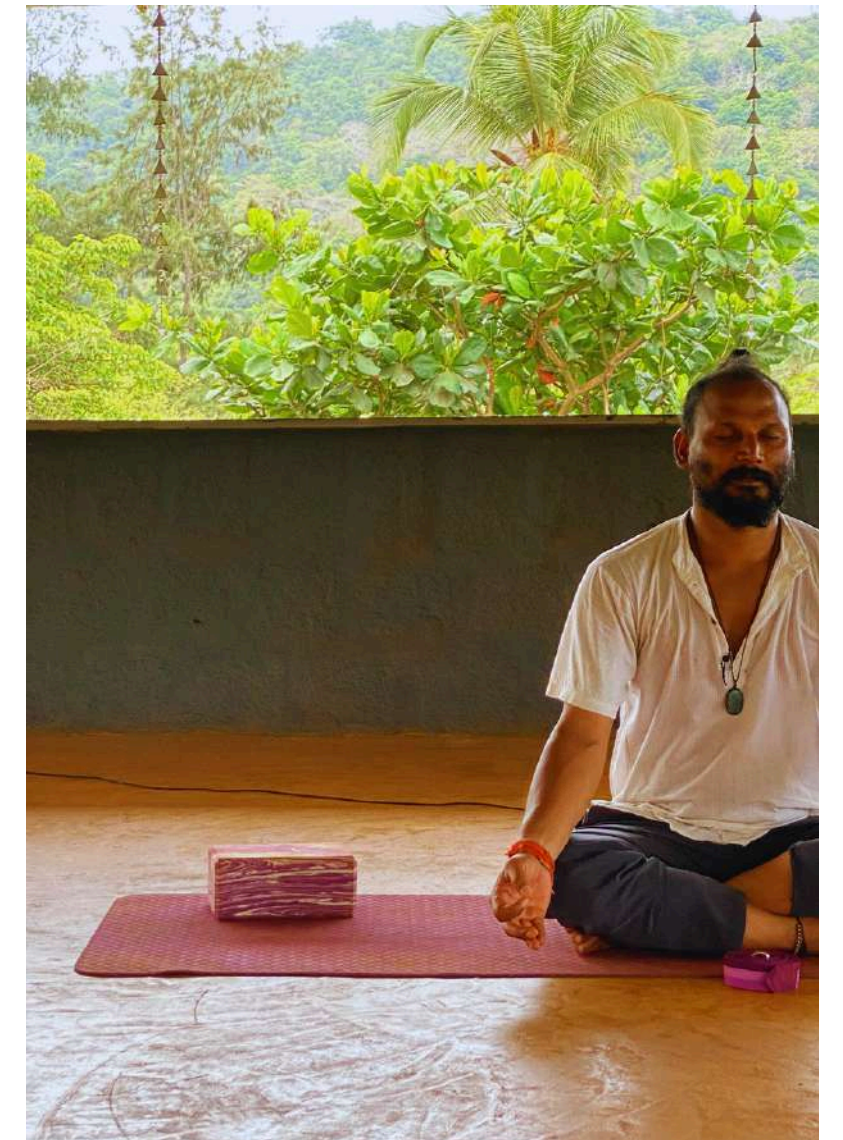
# WE ARE A NOW AGE WELLNESS VENUE



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 2022, 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.





# WAYS TO STAY



## SELF RETREAT

7 nights to build your own retreat - everyone has same in/out dates so there's enough community, but no obligation. Includes daily brunch and yoga, a magical sound bath, ice plunge, sunrise boat trip, waterfall hike, and all your uplevelled little extras.



## YOGA STAY

Only available in our low season (and occasionally very selectively in high season) book in for a stripped back stay that includes your morning mat -time but keeps things blissfully simple. Come as you are, do what you want.

**CHECK OUR WEBSITE  
FOR THE LATEST  
LISTINGS FOR GUIDED  
OFFERINGS**

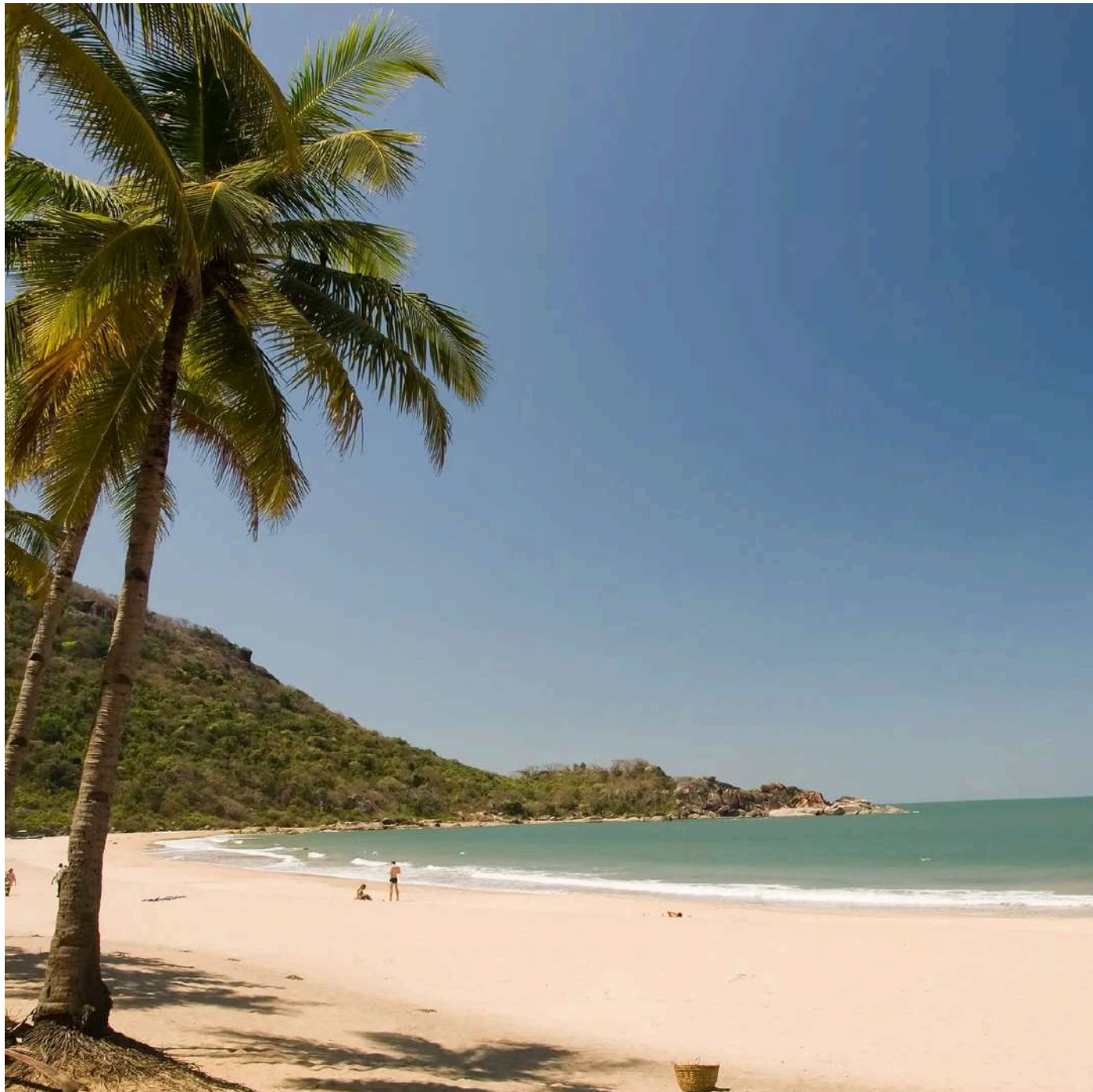


## GUIDED RETREAT

A more conventional themed retreat with a fully structured day, morning and evening programme of classes, and daily excursions, BUT leaving plenty of time for your solo chill. Look for activity themes including surf, astrology and cookery.



# 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 1<sup>st</sup> 2025.

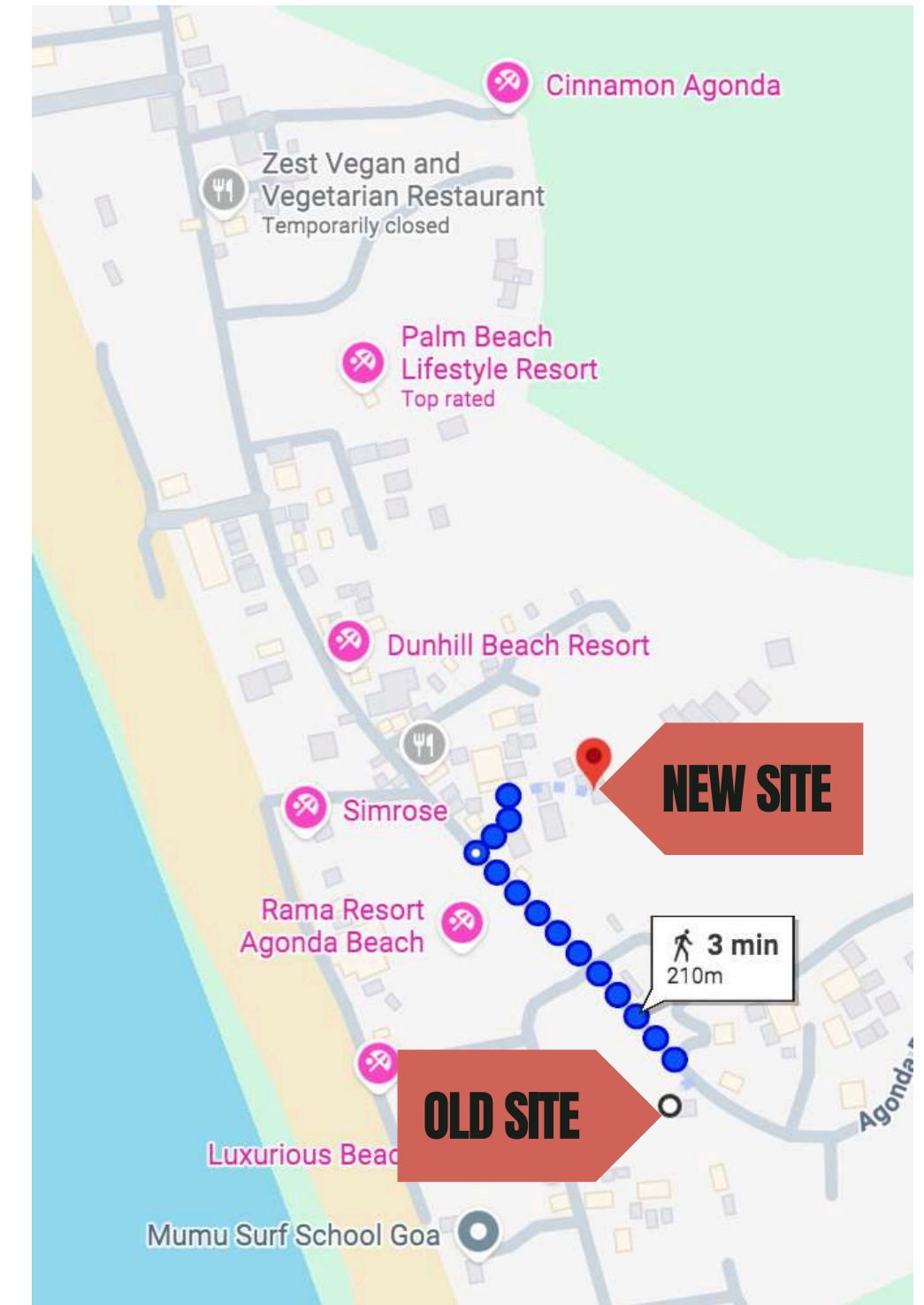
The design, brand vision and attention to detail of our original site will very much be coming with us! We will be applying the same interior design concepts, paint palette and textured decor to the new jungle space, so whilst we don't have completed pictures as yet (most of the work will happen as the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

## WHAT'S CHANGED?

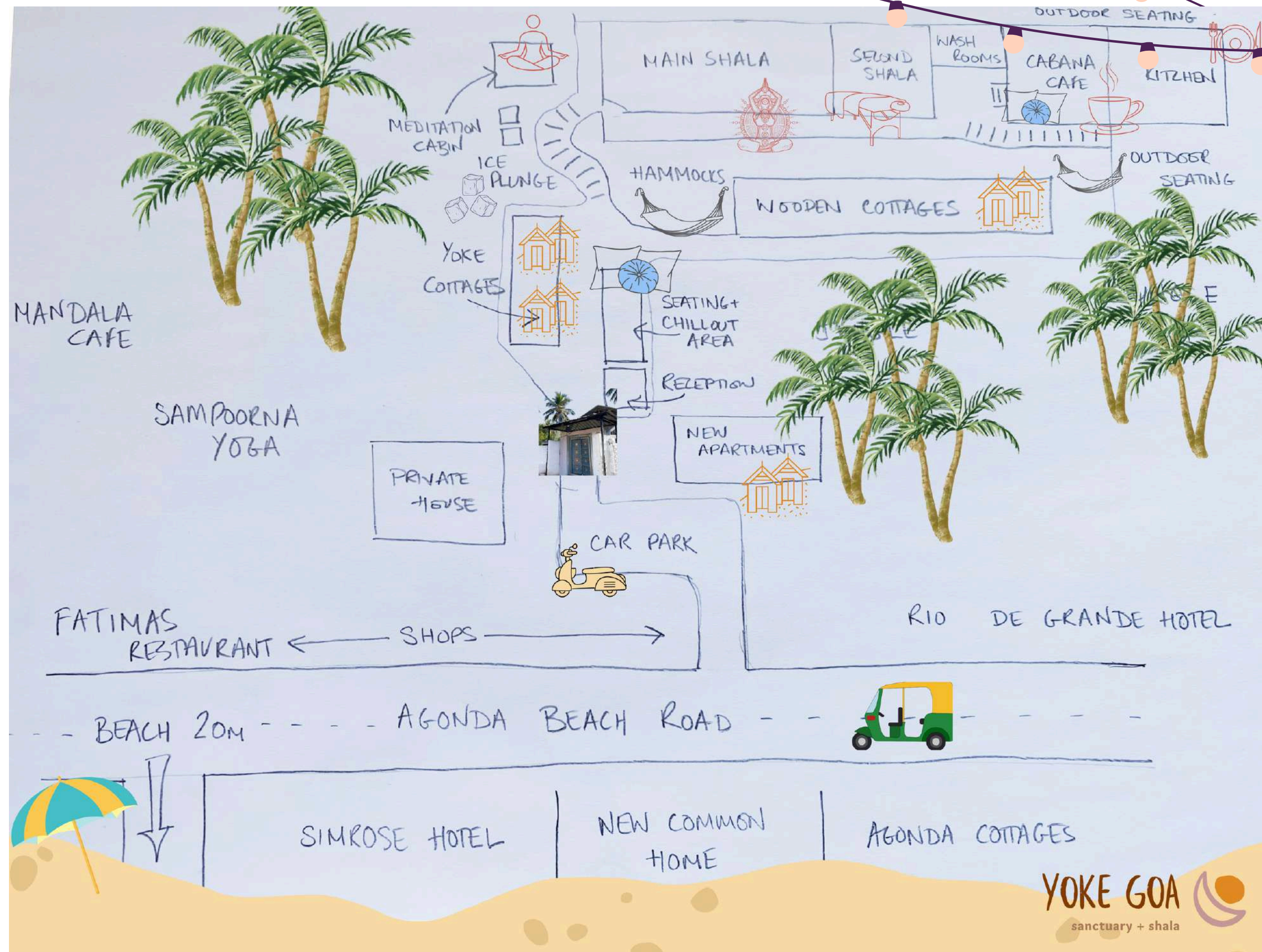
The new site is approximately 200m away from the current one, a 3 minute walk.

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 stone AC cottages

- double beds for 1 person or couple

### 3 x wooden 'jungle' cottages

- for 2 people in single beds

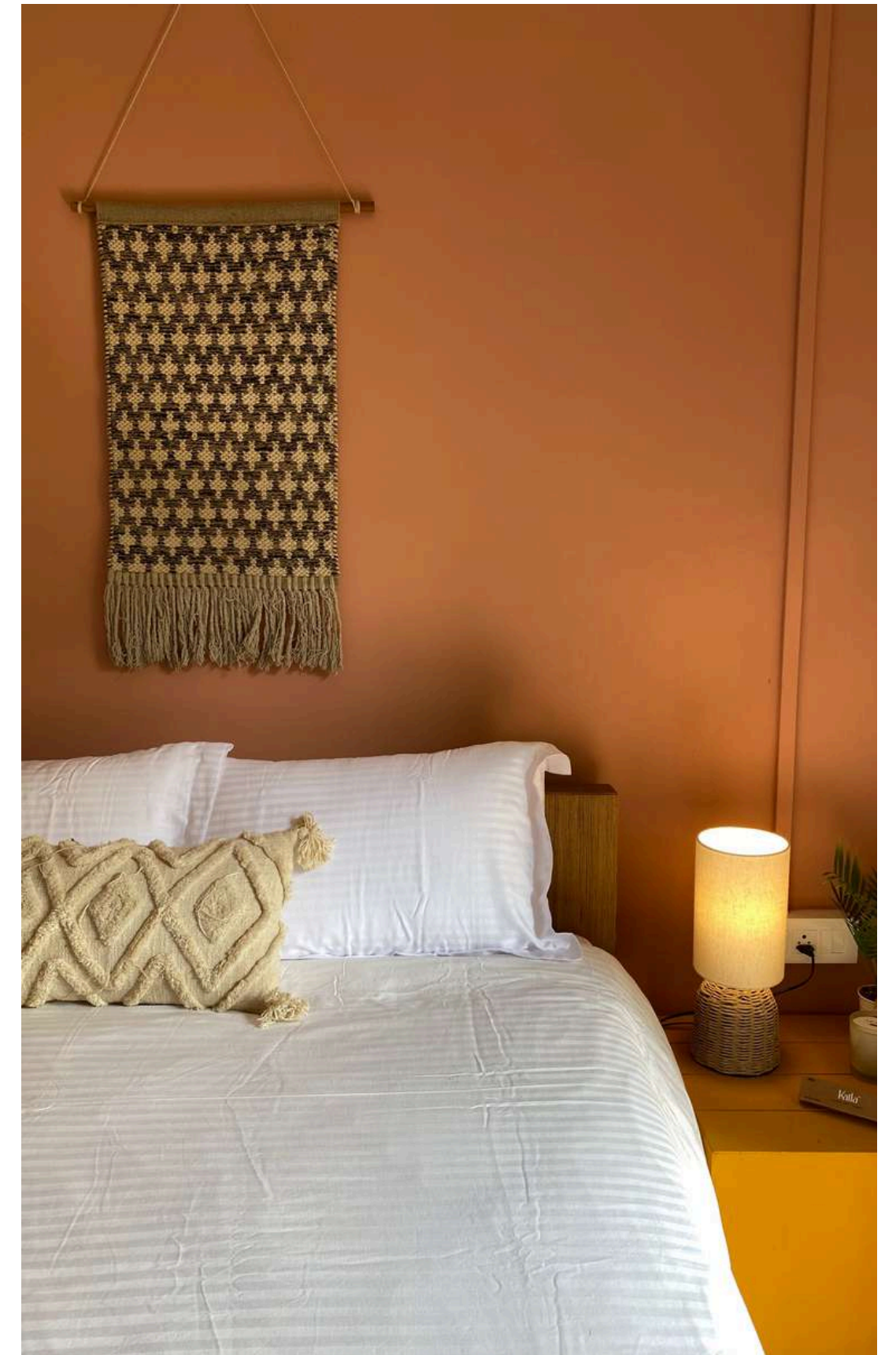
### 1 x wooden 'jungle' cottage

- for 4 people in single beds



**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 stone 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

## JUNGLE 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)



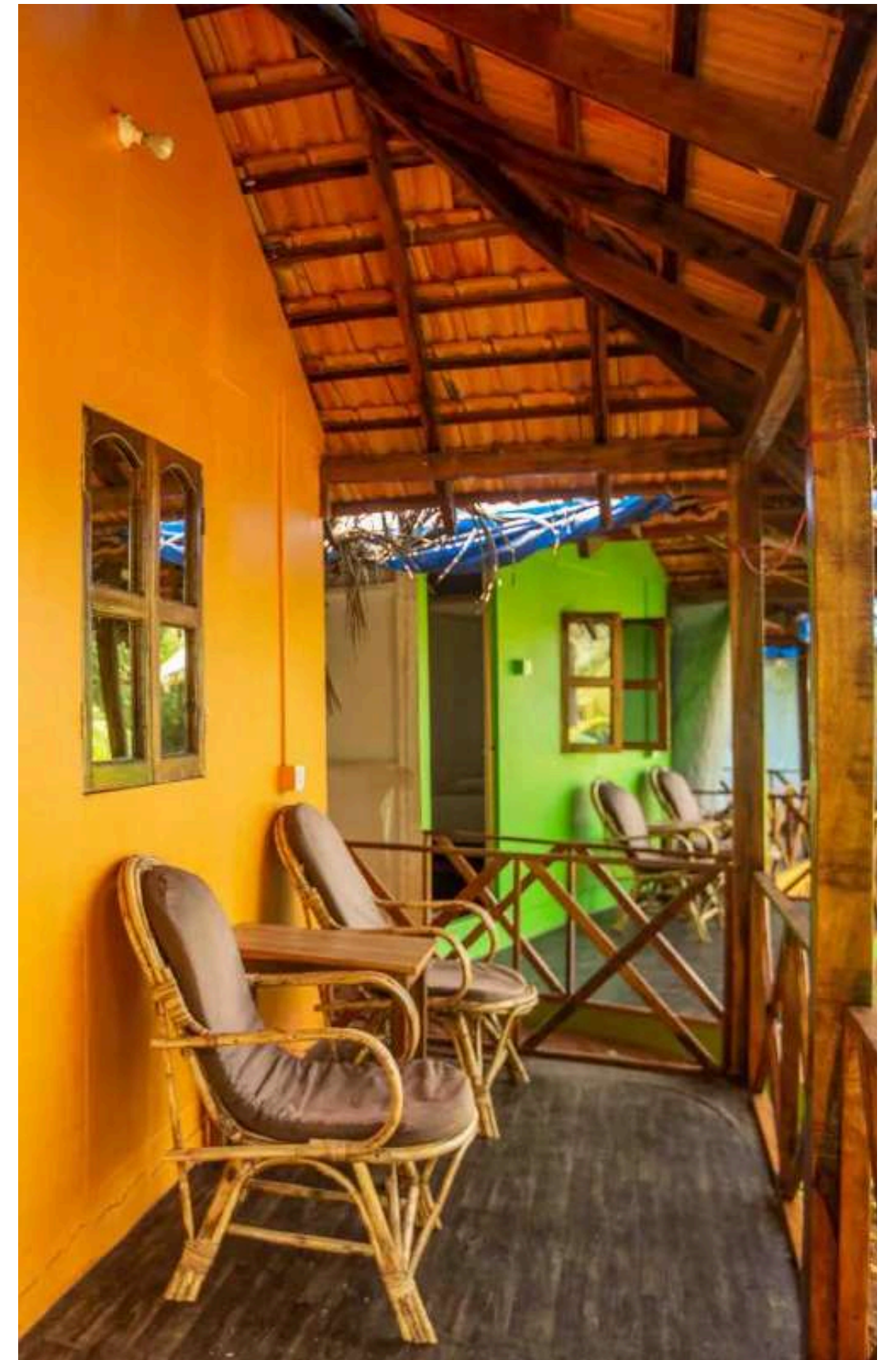




# BEDROOMS

## JUNGLE 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 the size of our previous space.

# SHALA



# 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
- 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**



# INCLUSIONS



	ALL INC SELF RETREAT	YOGA STAY
BREAKFAST	Sunrise juice and fruit plates, and our house buffet brunch (granola, yogurt, smoothie bowls OR South Indian sambal, dal and breads as you prefer). <b>Our kitchen is 100% vegetarian.</b>	
DINNER	Opening night dinner & closing beach feast	~~~~~
DRINKS	<b>Mineral water and herbal teas</b> are unlimited, and we can run a tab on our barista coffee bar for you if you'd like to keep your flat white, matcha latte or kombucha topped up throughout your stay.	
YOGA	Daily morning yoga class 3 evening classes (yin, restorative, nidra, breath)	Daily morning yoga class
SOUND BATH	1 Supersonic Sound Journey	~~~~~
ICE BATH	1 Guided Ice Plunge Session	~~~~~
EXCURSIONS	Sunrise dolphin boat trip, temple visit, waterfall hike, spice farm adventure	~~~~~
EXTRAS	Yoke gift bag	~~~~~

*\*\* classes beyond your included allowance are charged at the publicly advertised rate which is usually INR700 for yoga, INR1000 for hybrid classes, INR 1200 for sound sessions and INR 700 for ice plunge.*



# PRICES

- DURING HIGH SEASON WE ONLY OFFER 7 NIGHT STAYS
- DURING LOW SEASON OUR MINIMUM STAY IS 3 NIGHTS
- GUIDED RETREATS ARE PRICED INDIVIDUALLY. CHECK WEBSITE.

**LOW SEASON** 4TH - 31ST OCT 2025  
29TH MAR - 31ST MAY 2026

## ALL-IN SELF GUIDED RETREAT - 7 NIGHTS

Yoke Cottage - Solo	€560
Yoke Cottage - Double	€420
Jungle Cottage - Solo	€455
Jungle Cottage - Twin	€385pp
Jungle Cottage - Dorm	€245pp

## YOGA STAY - 3 NIGHTS MINIMUM

	3 NIGHTS	ADDITIONAL NIGHTLY RATE
Yoke Cottage - Solo	€150	€50
Yoke Cottage - Double	€240	€60
Jungle Cottage - Solo	€120	€40
Jungle Cottage - Twin	€75pp	€25
Jungle Cottage - Dorm	€60pp	€20

**HIGH SEASON** 1ST NOV 2025 - 28TH MAR 2026

## ALL-IN SELF GUIDED RETREAT - 7 NIGHTS

Yoke Cottage - Solo	€630
Yoke Cottage - Double	€560
Jungle Cottage - Solo	€525
Jungle Cottage - Twin	€455pp
Jungle Cottage - Dorm	€315pp

## YOGA STAY - 3 NIGHTS MINIMUM

	3 NIGHTS	ADDITIONAL NIGHTLY RATE
Yoke Cottage - Solo	€180	€60
Yoke Cottage - Double	€240	€80
Jungle Cottage - Solo	€150	€50
Jungle Cottage - Twin	€105pp	€35
Jungle Cottage - Dorm	€100pp	€25





# WHAT YOU WANT



## FOOD

Your stay includes sunrise juice and fruit plates, and our house buffet brunch for after your morning class (see sample menus on next page) Our kitchen is 100% vegetarian.

## DRINKS

Mineral water and herbal teas are unlimited, and we can run a tab on our barista coffee bar if you're staying with us and want to keep the flat whites, matcha lattes and kombuchas flowing.

## ICE BATH

Our signature guided ice plunge/meditation sessions support your physical, mental and energetic wellbeing.

## YOGA

Our house team of teachers offer you a rotating morning class ranging from Hatha, Vinyasa, Jivamukti, Kundalini and Krama yoga. 1:1 classes and clinics are available on request, at cost.

In the evenings our schedule slows down and includes yin, restorative, nidra and breathwork.

## SOUND JOURNEY

Our signature sound sessions happen several times a week. Choose the one that fits your schedule & mood or try them all! You can also join playing workshops to get experience on our huge range of instruments.

## EXCURSIONS

A sunrise or sunset boat trip is included for all but our simple Yoga Stays - dolphin spotting is a dawn must! We are well located for easy trips to Cotigao and Netravali Wildlife Sanctuaries with their animal life, waterfalls and hikes, and our favourite spice farms are barely an hour away. More locally, join our team at temple bhajans, the Saturday market, and on the local surf break.

***Don't worry if you chose the simpler Yoga Stay but then decide you want to join more classes and excursions - you can PAYG or upgrade to an ALL-IN SELF GUIDED STAY once onsite if you like!***



# 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

///

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



OPTIONAL EXTRAS



01

1:1 yoga sessions to deepen and workshop your practice

02

Sound Healing is our #1 offering - book a therapeutic session or play session to explore instruments.

03

Try our range of bodywork services including massages, acupuncture and reiki healing

04

Experience a cosmic astrology reading, tarot session, palmistry, divination or crystal healing.



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 join an onsite ecstatic dance or DJ class

08

Hit the waves with our local surf school

**EXTRAS TO ADD ON**



# GETTING HERE GETTING AROUND

Goa is served by two international airports:

DABOLIM (GOI) is 90 minutes journey by road

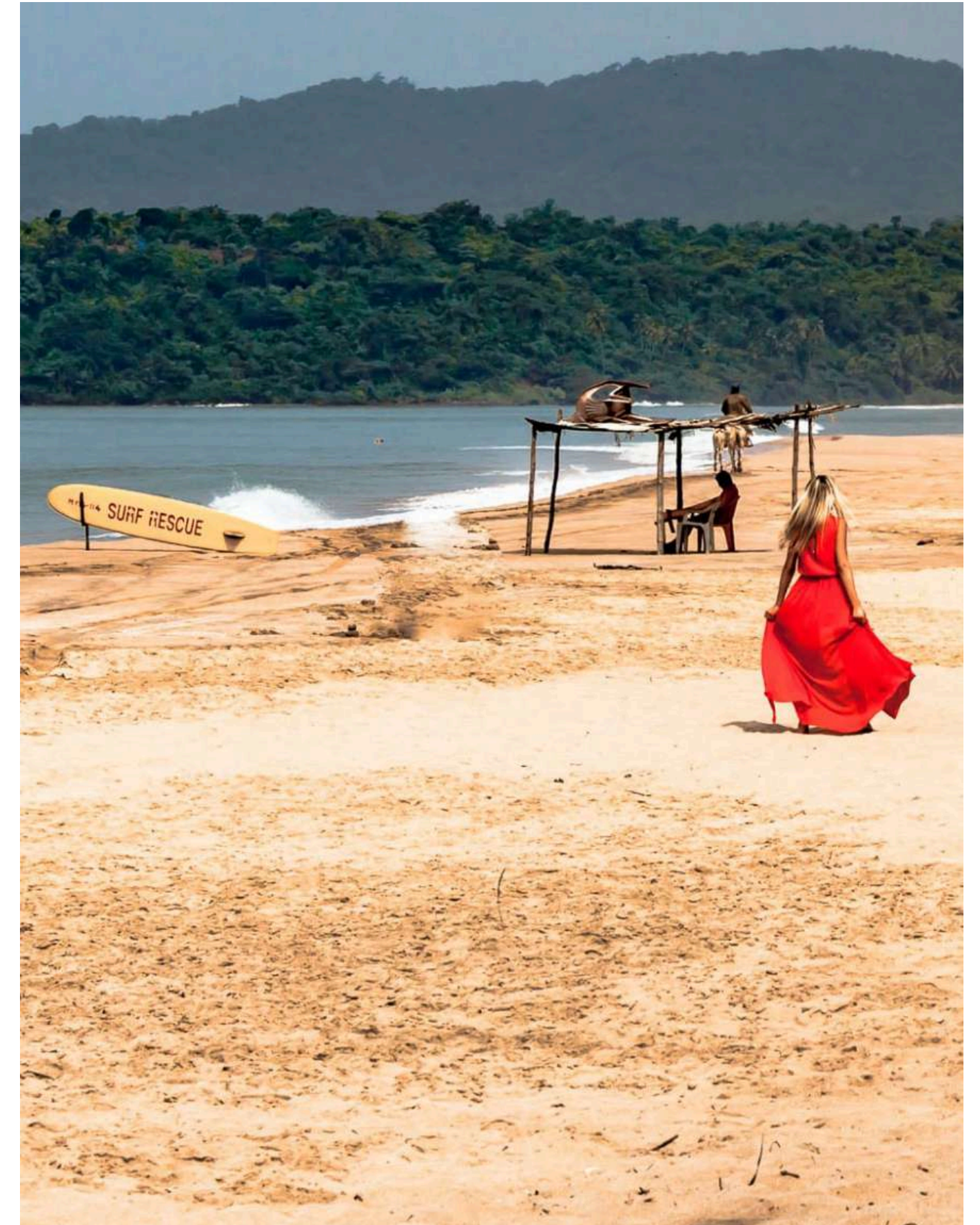
MOPA/MANOHAR (GOX) is up to 3 hours journey by road

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 send one of our trusted drivers to meet you personally.

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.





# BOOKING TERMS



## DEPOSIT

Book your stay for a €100 deposit, payable by card via our UK website OR via UPI for India-based guests.

## CHECK IN/OUT

Check in is from 3pm, out by 11am. Please CHECK YOUR FLIGHTS as many arrive in the middle of the night and we cannot guarantee your room until 3pm! *We may be able to facilitate early check-in at 2500INR - ask!*

## PAYMENTS

Your balance is due on arrival. Payments must be made in the billed currency of Euros or Rupees only. We accept payment in cash or via Revolut.

**Please note we DO NOT ACCEPT CARD.**

Additions incurred onsite including any cafe and spa bills must be cleared before departure.

## CANCELLATION

You may cancel for free up to 2 weeks before your arrival. If you cancel less than 2 weeks before arrival you will lose your deposit. We know that plans can shift, but please be aware that our minimum stays always apply and you will be billed for 3 or 7 days according to season, even if you change your plans after check-in.



## CONTACT US

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# SEE YOU IN PARADISE

**25-26**



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