

SEP 7 - 12 2025

SOMĀ

GREECE



**anam
cara**



SOMA IS THE ELIXIR OF LIFE, THE POTION OF IMMORTALITY. IT INDUCES A STATE OF
ECSTASY, AS WELL AS A DEEP SILENCE:
YOU MAY CHOOSE FOR YOURSELF.



Dear Greece,

You have my heart. From your ancient ruins whispering tales of history to your sun-kissed beaches and the vibrant, warm hearts of the Greek people, Greece you are full of inspiration.

We continue to return, to explore your hidden gems, to savor your flavors, and to immerse ourselves in your captivating culture.

Join us on our Greek Adventure and write your own love letter to this magical country.

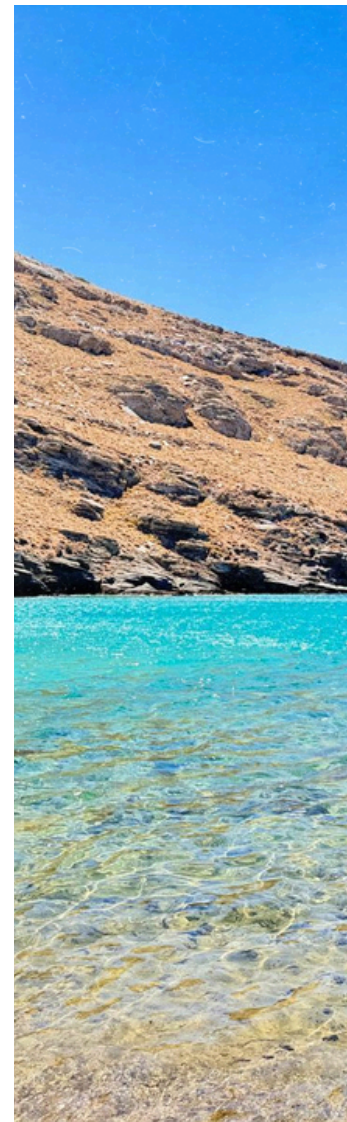
EXPLORE ANDROS ISLAND



Andros is the northernmost island of the Cyclades island group. It stands out from the generally barren Cycladic islands, thanks to its lush vegetation and scenic natural landscapes. The natural beauty of this verdant island is divine! Local Tavernas, waterfalls, virgin beaches that cross the island are packed with walnut trees, chestnut trees, oak trees and olive trees, Andros is a natural paradise!



EXPLORE GREEK VILLAGES



DISCOVER SECRET BEACHES



WATERFALL ADVENTURES



EXPLORING THE SENSES

In our time together we will immerse in a journey of discovering the 5 Senses through integrated sessions of transformation, play, movement, music, self-care rituals, poetry, art and adventure.

YOGA & THE SENSES

Everyday we work with a different sense. Each practice is inspired by smell, taste, touch, sight & sound .

COLOUR YOUR WORLD

Understanding the relationship between colours and emotions.
CO-creating art together

VISION QUEST & WATERFALLS

As we trek through waterfalls and rivers we go on a journey of the senses, using nature to guide us.

SIP & PAINT

An evening of wine tasting & exploring with colour & form letting go and allowing the inner artist to bloom.

LISTENING SESSIONS

An evening of conscious listening and discovering the healing power of music together.

ESSENTIAL OILS

A session that's inspired by self care rituals, by making your own essential oils,.



ISLAND FLOW

SEP 7 SUNDAY

ARRIVAL & OPENING CIRCLE IN ANDROS

Sound Journey through the elements

DINNER

SEP 8 MONDAY

YOGA FOR THE SENSES

Brunch

CREATING ESSENTIAL OILS

Discovering your inner Herbalist

EXPLORING ANCIENT CHORA

Swim, Shop, Sunset

DINNER

SEP 9 TUESDAY

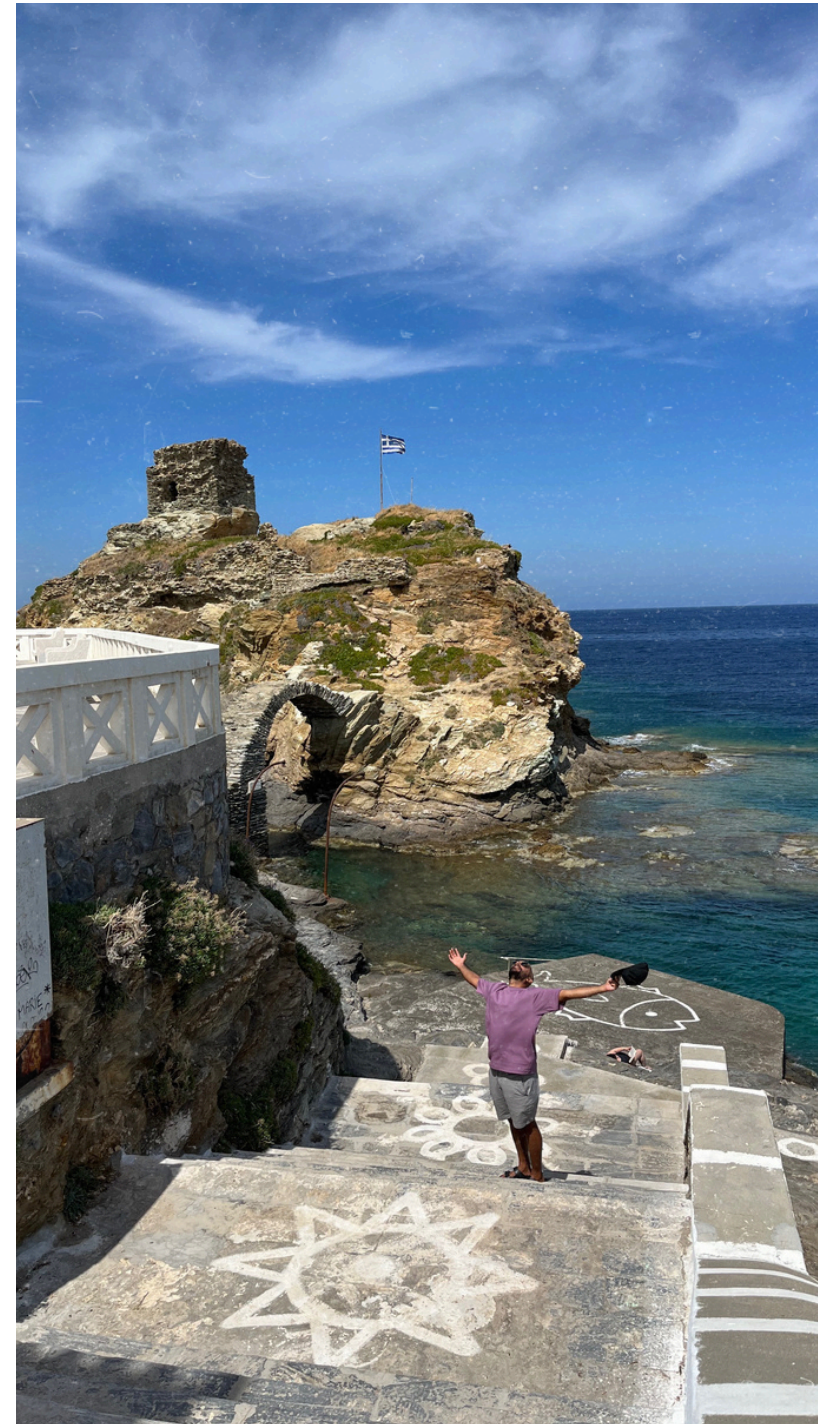
YOGA FOR THE SENSES

Brunch

BEACH DAY AT BATSI

Sip & Paint

DINNER



SEP 10 WEDNESDAY

YOGA FOR THE SENSES

Brunch

COLOURS & EMOTIONS

Exploring the power of colour

SPECIAL TASTING MENU

by 'Natasha & Gaurika'

Dinner

SEP 11 THURSDAY

FREE MORNING

Brunch

WATERFALL ADVENTURE

Closing circle

LITSENING SESSION

Dinner

SEP 12 FRIDAY

Breakfast & Departure





VILLA
HORTENSIA



NATASHA MAHINDRA is a certified yoga therapist and founder of Anam Cara Yoga Retreats. Natasha Creates beautiful spaces and intimate gatherings, using sound, art and dance therapy in collaboration with yoga and other healing practices to offer a holistic experience out in nature.



GAURIKA NOOR is an intermodal expressive art therapy practitioner, specializing in the transformative power of movement, sound, and visual arts. Her current focus on the alchemy of colour and art reflects a dedication to unlocking the profound potential of creative expression in the realm of emotional and spiritual well-being.



6 DAYS & 5 NIGHTS ACCOMODATION
EVERYDAY BRUNCH
CHEF'S DINNERS & ISLAND RESTAURANTS
BEACH & WATERFALL TRIPS
EXPLORING SMALL TOWNS
ALL WELLNESS SESSIONS

RS 1,55,000 + 18% GST
(DOUBLE SHARE)



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