

# Yoga and Mindfulness Retreat

## Kerala, India

*with Mia Forbes Pirie*

28th December 2019  
- 4th January 2020

### ABOUT YOUR RETREAT

The retreat takes place in Kerala, India, the home of Ayurveda. We'll be based in Varkala, a beautiful area surrounded by hills, lakes and flora, where the cliffs meet the Arabian sea. Popular with those seeking a change of pace, Varkala is a haven for the spiritual and the health-conscious.

A beautiful, relaxing home will be your sanctuary for this retreat, a short walk from the beach and Varkala Cliff. There you'll find great restaurants and shops as well as places to enjoy an ayurvedic massage. We can also drive you to calm, empty beaches, perfect for peaceful walks.

Your day will start with fresh coconut water at 8.30am. We'll practice yoga and mindfulness during the morning, followed by a healthy brunch of fresh fruit, fruit juice and porridge. Afternoons are your own, with an optional shorter yoga and meditation class taking place every other day. In the evenings you'll find peace watching the sunset, and can enjoy the local restaurants.

**Yoga classes will be suitable for all levels and experience. We welcome beginners as well as advanced students.**

If you wish to extend your stay, you are very welcome - you can even join us for Christmas! Please contact us at [mia@intelligentchange.life](mailto:mia@intelligentchange.life)

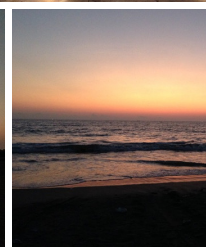
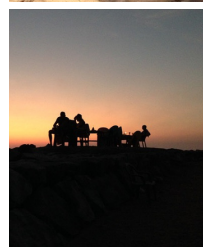
#### 7 Night Yoga Retreat

(Excluding flights and insurance.  
Flights tend to be cheapest when  
booked in July.)

Early bird: £547  
(book by 30/04/2019 )

Middle bird: £587  
(book by 15/07/2019)

Late bird: £647  
(from 16/07/2019 onwards)

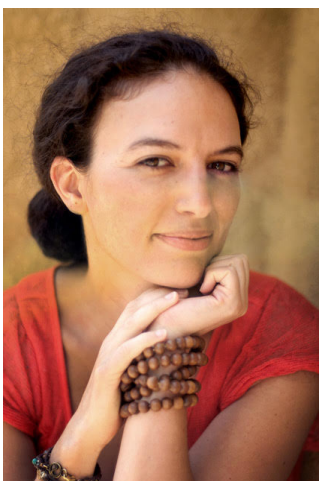


# THE YOGA AND MINDFULNESS PROGRAMME

Yoga and mindfulness will be practised daily, from 9.30 until noon. Optional yoga and mindfulness sessions will be held in the afternoon every other day.

All sessions are taught in a supportive group setting, with plenty of opportunities to ask questions and engage in meaningful discourse around the areas we'll be exploring together.

With a maximum of twelve people on this retreat, you will receive personal attention from Mia as she expertly guides you towards a deeper experience of yoga and meditation.



## ACCOMMODATION

You'll be staying in a beautiful, relaxing home with marble floors and large, bright spaces in which the yoga and mindfulness sessions will take place. The accommodation is clean and simple, with comfortable twin bedrooms. Some bedrooms have their own bathrooms whilst others share one bathroom between two rooms. There is no air conditioning but all rooms have a ceiling fan.

You can request to share a room with someone you know, but Mia's community is full of warm, kind and respectful people and this retreat is a wonderful opportunity to make new friends!

If you would prefer not to share a bedroom, you have the option of paying a single supplement of £100.

## ABOUT YOUR YOGA AND MINDFULNESS TEACHER

Described as a "quiet storm," Mia Forbes Pirie teaches regularly at London's top yoga studio, Triyoga, and has her own online mindfulness course. She is also a mediator, coach and Huffington Post blogger. Her teaching style is gentle, friendly and powerful.

Mia has been a dedicated yoga and spiritual practitioner for more than 14 years. She has studied various styles of yoga, including spending four months in India with the founding father of Ashtanga Yoga and training in Yin Yoga with her now-mentor Sarah Powers.

**Mia's teaching nourishes the body, heart and mind. She believes in starting where you are and moving towards your greatest potential.**

# WHAT STUDENTS SAY:

"The way Mia teaches and pays attention to everyone in the class is something I really value – I feel we are all special."

**Victoria Suer**

"I absolutely loved Mia's yoga – it's been a long time since I've felt this peaceful... Thank you for making me feel so comfortable there!"

**Priya Thukral, Recruitment Consultant**

"Mia is one of Earth's best human beings. Earth is very lucky to have her on board."

**Dallas Campbell, TV Presenter, Documentary Maker,  
Author of An Illustrated Guide to Leaving the Planet**



"I have really enjoyed Mia's style of teaching and whilst I find yoga challenging physically and mentally, I can feel the benefit of giving myself the time and space to work on it. So a huge thank you for your guidance, patience and explanations."

**Rachel Logan, Human Rights Lawyer**

## INCLUDED IN THE PRICE:

- Accommodation, coconut water in the morning and a healthy brunch
- Daily yoga and mindfulness classes from 9.30-12.00
- Optional yoga and mindfulness classes every other afternoon
- Optional walks in the surrounding area

Some yoga mats can be provided, but please bring your own if you are able to do so.

## IMPORTANT SPECIAL TERMS

This retreat is for a maximum of 12 people, and rooms will be allocated on a first come first served basis.

If minimum numbers are not reached by May 2019, the retreat will not go ahead and we will reimburse all monies paid.

Therefore, please do not book your flights before June 2019 as we are unable to refund any flight costs. If we reach the minimum numbers prior to this date we will let you know so you can book your flights earlier.

A deposit of £100 must be received in order to secure your place. This is non-refundable unless we need to cancel the retreat.

## PAYMENT TERMS:

A £100 deposit is required to secure your place. The balance is due by 15th September 2019.

## TRAVEL ARRANGEMENTS:

Flights are not included, and we are unable to book flights for you. The nearest airport is Thiruvananthapuram. You will need to arrange your own travel insurance.

Email [mia@intelligentchange.life](mailto:mia@intelligentchange.life) to book your place.

If you have any questions, please email [mia@intelligentchange.life](mailto:mia@intelligentchange.life)