



THE BODHI TREE YOGA RETREAT GOKARNA 2026

*Step away from the noise, find your inner voice,
and recharge your body & soul.*

SwaSwara, Om Beach, Karnataka, India
16th – 23rd November 2026



THE VENUE

We have chosen SwaSwara to be the destination for our 2026 Retreat. SwaSwara is a stunning, eco-friendly retreat nestled on 26 acres just above the iconic Om Beach in Gokarna, Karnataka. This is the ultimate sanctuary for healing.

A KONKAN VILLA EXPERIENCE

Settle into one of SwaSwara's unique, split-level Konkan Villas. These spacious sanctuaries are designed in harmony with nature, featuring laterite stone construction, a private open inner courtyard, and a partially open-to-sky bathroom. Each villa boasts a serene Private Yoga Deck on the upper floor, perfect for sun salutations, watching the sunrise and sunset or just relaxing with a cup of tea.



YOGA

Your journey to inner harmony will be personally guided by 'B' whose thoughtful teaching will be beautifully complemented by the experienced on site yoga teachers.

This collaborative approach will ensure that you receive a rich tapestry of instruction, blending B's unique philosophy and voice with a flavour of authentic traditional practices.



BEYOND ASANA

We will also explore traditional yogic cleansing and meditative techniques essential for holistic wellness like:

- Jala Neti (Nasal Cleansing)
- Kaya Shuddhi (Internal Purification)
- Concentration & Cleansing Practices (Trataka)
- Deep Relaxation (Yoga Nidra)
- Sound Bath & Mantras



UNIQUE SPACES

In addition to a large beautiful airy Yoga Shala, practice will take place in stunning, unique locations on the property:

THE OCEAN DECK / MEDITATION HILL:

Greet the sunrise with Salutations and Pranayama practices with 180-degree views of the Arabian Sea.

THE SACRED BANYAN TREE:

Experience the grounding energy of a 400-year-old Banyan tree for Meditation & Yoga Nidra practices.



CREATIVE EXPLORATION

Art is a path to self-discovery, well-being, and healing.

At the SwaSwara Art Studio you are encouraged to take voyages of the imagination and the inner self through various art practices that enable you to find and lose yourself at the same time. A unique offering, enabling the mind to free itself to focus on positive thinking.

You can experiment with a wide range of creative activities that include tribal Warli painting, water colors on handmade paper, origami and clay work on a traditional potter's wheel.

The resident Art instructor will guide you through any mediums you may wish to try your hand at.

SwaSwara is also an ideal setting for those wishing to write and reflect in peace.



LOCAL IMMERSION

Enjoy a guided tour to the local village and the revered ancient temples of Gokarna.

If you are a keen explorer, there are also some lovely treks to the local beaches and hills.



CONSCIOUS CUISINE

Fuel your days with a healthy, balanced, and Sattvic meal plan. All meals are prepared with fresh, organic, farm-to-table ingredients, and include fresh seafood from the coast.

Much thought goes into the ingredients and cooking modes at the SwaSwara kitchen. There are no refined sugar, wheat, processed foods, dairy items or conventional additives in any of the meals that are served. Meals can also be customised according to your specific condition and needs, nourishing both the body and soul.



COOKERY CLASSES

The SwaSwara kitchen is deeply influenced by one aspect and that is good health. It is a labour of love, beginning with the selection of ingredients from their gardens and stretching into its careful preparation, customisation and presentation.

In the course of perfecting this process they seem to have quite inadvertently, created a science of food crafting that a lot of guests want to know about. And so with this in mind they have turned their kitchen into a sort of visitors gallery that facilitates interactions with their chefs and experts on the distinctive art of healthy cooking.



HOLISTIC HEALING & WELLNESS

This retreat offers a deeply therapeutic experience guided by SwaSwara's expert doctors. Each participant will have a consultation with the resident Doctors and receive four personalized, therapeutic sessions to restore balance through ancient wisdom and natural methods:

AYURVEDIC HEALING (2 COMPLIMENTARY SESSIONS):

An ancient practice dating back over 2000 years designed to balance the “doshas” or bio-energies of an individual.

Treatments may include Abhyanga (Full Body Massage with warm, medicated oils) and Shirodhara (continuous oil flow over the third eye for mental peace).



NATUROPATHY TREATMENTS

(2 COMPLIMENTARY SESSIONS):

Naturopathy at Swaswara is a gentle yet powerful approach to healing that honors the body's innate intelligence. Focusing on the Five Elements.

Treatments may include Hydrotherapy (healing baths), Mud Therapy (mineral-rich packs), and Reflexology.



WHAT'S INCLUDED

- 7 Nights in a spacious Konkan Villa with a private yoga deck.
- Transfers from and to Goa Airport.
- Full board to include all meals.
- All Sattvic, farm-to-table meals (including fresh seafood options).
- Daily evening Chai (or coffee) served with local snacks.
- All Daily Yoga, Meditation, and Cleansing Arts instruction.
- Directed Art & Pottery lessons
- Interactive Cookery class
- Four Complimentary Therapeutic Sessions (2 Ayurvedic, 2 Naturopathy).
- Curated Local Excursions.
- Guided walks with the resident Naturalist.
- End of Retreat Dinner with traditional entertainment

ADDITIONAL AMENITIES AND OFFERINGS

- A large outdoor Swimming Pool
- Easy private access to Om Beach with deck chairs and umbrellas
- Local treks
- Gift shop

PRICE

(Exclusive of flights)

- Twin sharing / Couples £2175 per person
- Single Occupancy £3225 per person

Swa Swara is a boutique property with a limited number of Villas so to avoid disappointment please secure your place with a deposit of £200 per person. The balance will be payable in three instalments in February, May and August 2026.

“SWASWARA”
FIND YOUR INNER VOICE

