

A Yoga
& Diving
Retreat
in Lakshadweep

RECHARGE IN PARADISE WITH
TANVI MEHRA

10 - 14 April





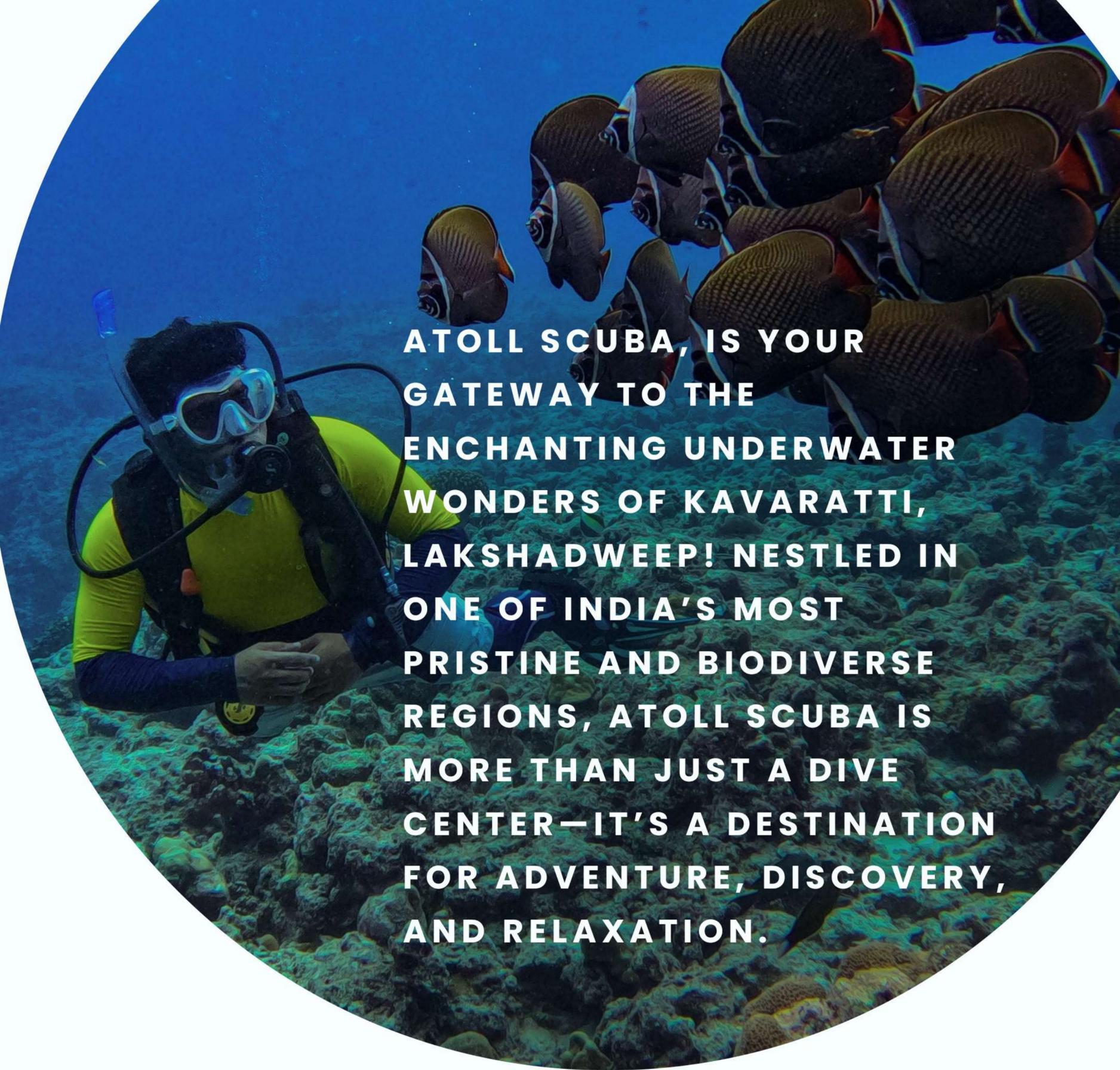
A PROFESSIONAL DANCER AND CERTIFIED YOGA TRAINER, TANVI MEHRA FOUNDED TANGERINE ARTS STUDIO WITH THE AIM TO PROVIDE LOVERS OF FITNESS EASY ACCESS TO VARIED WORKOUT ROUTINES WITHIN ONE VENUE.

When she's not at Tangerine teaching yoga or learning dance herself, Tanvi takes frequent trips to pristine beaches to swim tan, dive and meditate.

The focus of the Yoga sessions will be a lot of pranayamas, stretching and mobility work so as to compliment the diving.

Participants will feel more calm and grounded post these sessions which will also incorporate meditation techniques and Yoga Nidra (deep relaxation).

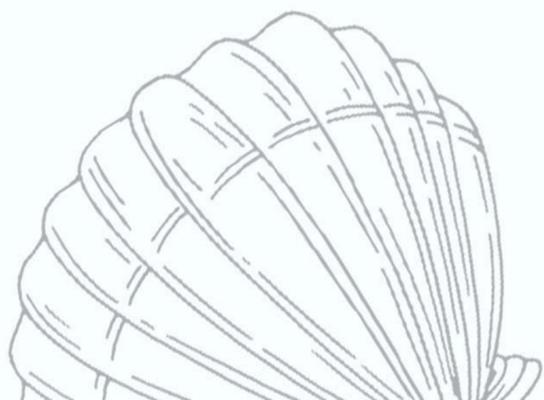




ATOLL SCUBA, IS YOUR GATEWAY TO THE ENCHANTING UNDERWATER WONDERS OF KAVARATTI, LAKSHADWEEP! NESTLED IN ONE OF INDIA'S MOST PRISTINE AND BIODIVERSE REGIONS, ATOLL SCUBA IS MORE THAN JUST A DIVE CENTER—IT'S A DESTINATION FOR ADVENTURE, DISCOVERY, AND RELAXATION.

Founded in 2003, they bring over 20 years of experience in scuba diving and marine conservation. They offer PADI recreational and professional certification courses, guided fun dives and Discover Scuba Diving experiences.

For non-divers, they provide activities like snorkeling, kayaking, jet ski rides, and glass-bottom boat tours, ensuring there's an adventure for everyone.



Conscious breathing is the core focus of both the activities **Yoga and Diving.**



The stillness and relaxation you will adopt on this Yoga retreat will bring you unbelievable diving experiences that will be pinned to your memory.

SCUBA can be a physically demanding activity. Therefore, maintaining good general health and fitness is an important part of being a diver.

The physical postures in Yoga help strengthen and limber up the body, which reduces risk of injuries, as well as prevents over-exertion, which can lead to breathlessness, anxiety, and other problems in the water. Being in better shape makes diving less strenuous, and therefore, more safe and enjoyable!



NON DIVER
INR 87K*
EXCLUSIVE OF GST

***EARLY BIRD
PRICING SUBJECT
TO PRICE SURGE**

***LIMITED SPOTS**

ITINERARY

DAY 1

**Land in Agatti. Transfer to Kavaratti by boat.
Afternoon check dive (if possible)**

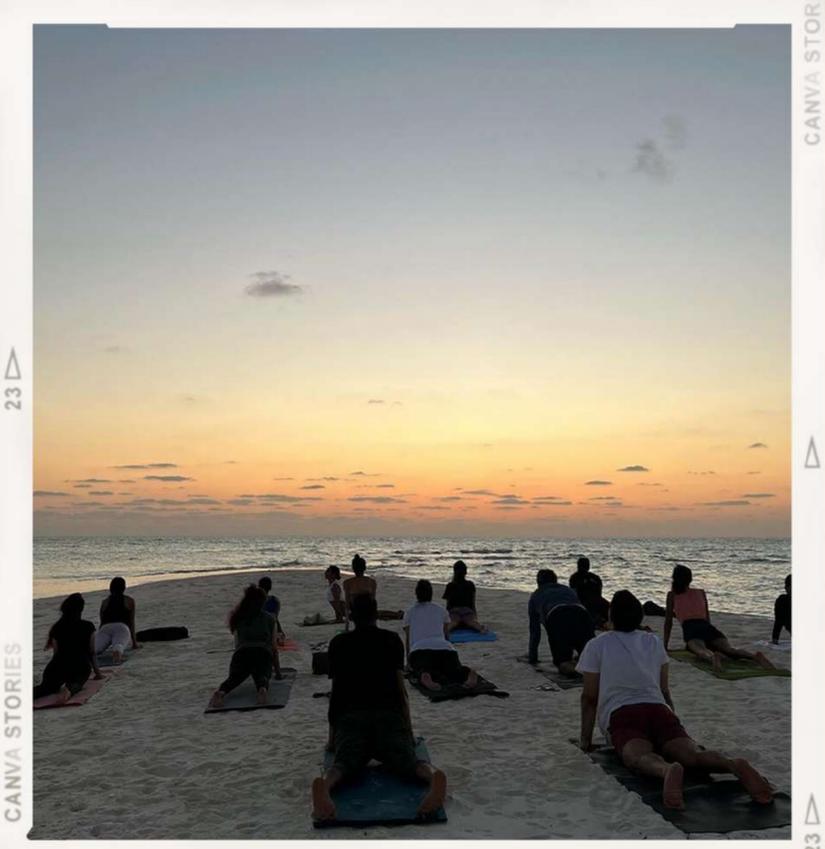
DAY 2,3 & 4

**Typically 2 Dives per day & evening
yoga by the beach**

DAY 5

**Transfer from Kavaratti to Agatti &
fly back to Mumbai**

**FOR BOOKINGS CALL
98673 69960**



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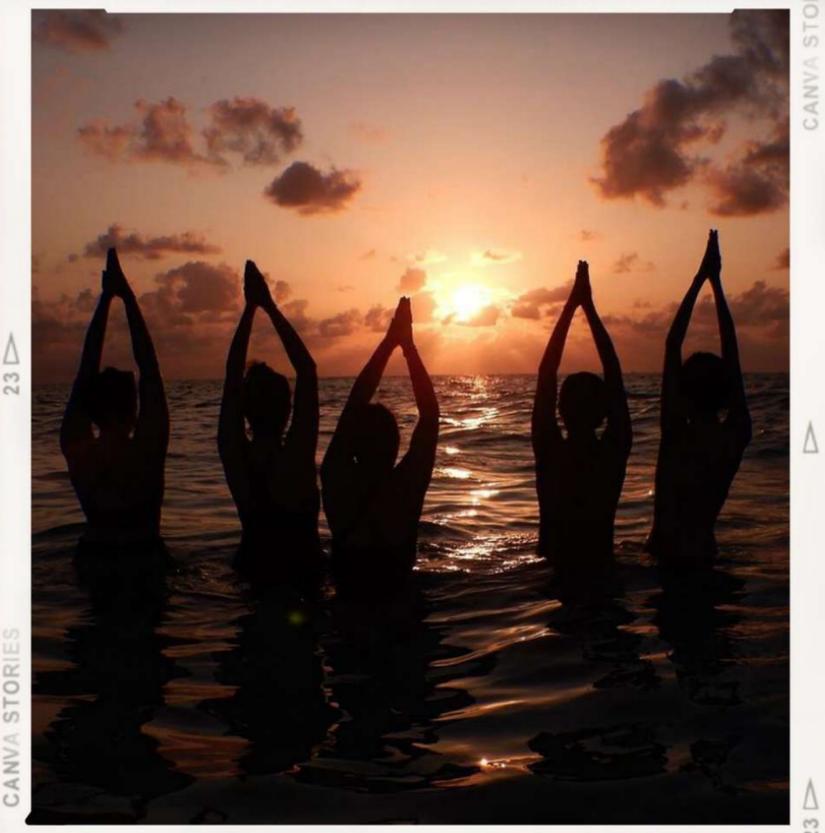
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INCLUSIONS

- Accommodation on twin sharing basis in an A/C Cottage at White Sands, Kavaratti
- All meals (Buffet style breakfast, lunch & dinner, tea/coffee)
- YOGA sessions
- Return transfers from Agatti airport to Kavaratti island
- Lakshadweep Tourist entry Permits

EXCLUSIONS

- Flight and Taxes
- Any additional meals & beverages
- Diving packages, equipment rentals or any items purchased by yourself are directly payable on the island
- Torch and dive computer rental
- Tips & Gratuity
- Other water sports activities available on the island
- Snorkeling sessions if planned.

PLEASE NOTE :

There may be a one- night stay in Kochi or Goa depending on the flight cancellations to & fro, which will be charged as per actual.

Cancellation Policy

Non-Refundable & Non-Transferable

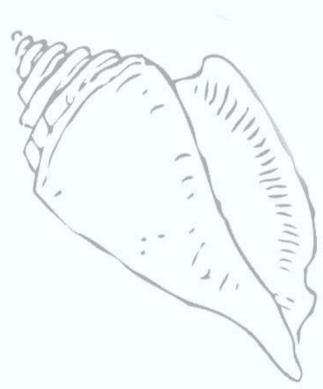
Payment Terms

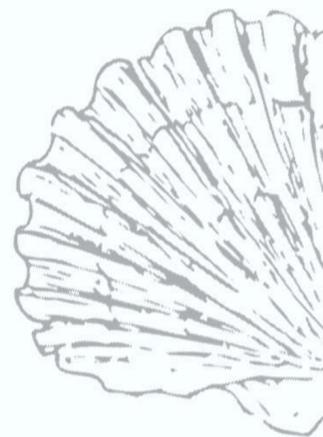
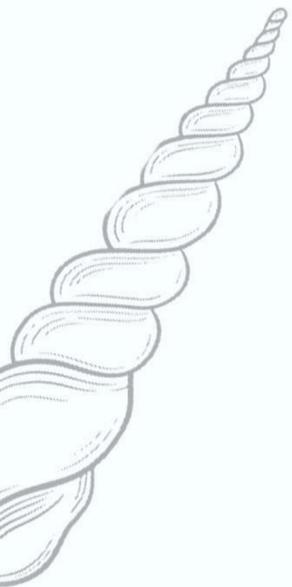
100% Advance payment

Please note :

ID Proof of each passenger is mandatory (Carry Adhaar card)

Carrying alcohol is not permitted in Lakshadweep Island.





DISCLAIMER

Tangerine Arts Studio will not be responsible for civil unrest, terrorism, strikes, illness, epidemics, accidents, Injuries, damage, loss and theft, quarantine, customs regulations, changes in flight itinerary, delays, deportation or refusal of entry by immigration authorities and incase of any cancellations or changes to itinerary by the Lakshadweep Government.

