



THE LAKESIDE RETREAT

WITH

Tanvi Mehra



THE FRAGRANT SUN



ABOUT TANVI MEHRA

A certified Yoga-trainer and professional dancer, Tanvi Mehra founded Tangerine Arts Studio in Bombay, with the aim to provide lovers of fitness easy access to a variety of workout routines within one venue.

When she's not at Tangerine teaching yoga or learning dance herself, Tanvi takes frequent trips around the world to spend time in nature, practise yoga and meditate.

Dates

9th - 11th
December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Location

Fragrant Sun By The Lake is an eco-friendly, remote homestay by the Mulshi lake - 40 minutes from the Aamby Valley fork and a 3.5-hour drive from Mumbai.

About the Yoga Sessions

As our retreat name suggests, Mulshi Lake is the hero of this getaway. Our yoga sessions unfold on a clearing against the backdrop of the vast stretch of water. We will practice to the rising and setting sun to the soundtrack of birds and swaying trees.

Each session will offer a harmonious mix of pranayams, mobility work and stretching, so that you feel revived on the mat and by the surroundings.



CHILL BY THE LAKE



RELAX IN A BEAUTIFUL HOME STAY



TUCK INTO DELICIOUS FOOD



PLUG INTO COMMUNITY

INCLUSIONS

- **TRANSFER TO & FROM THE PROPERTY**
- **ACCOMODATION FOR 2 NIGHTS & 3 DAYS.**
- **ALL CURATED MEALS**
- **3 YOGA SESSIONS**
- **GST**

REGISTER



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INFO@TANGERINEARTSSTUDIO.COM

Early bird pricing subject to change

*Limited spots available *