**Ananda**

Soul Shala Ananda﻿ — Goa﻿Breathe. Awaken. Rejoice.﻿30th May – 2nd June 2025﻿Step into a soulful sanctuary where inner joy meets outer celebration. Join us for a 4-day journey of deep healing, vibrant connection, and playful transformation by North Goa’s coastal forest beauty.﻿Offerings include:﻿• Yoga & Pranayama﻿• Guided Meditation & Breathwork﻿• Singing Circle﻿Sound Healing﻿• Body Flow & Embodiment﻿• Ice Bath Ritual﻿• Tunnel of Love Experience﻿• Dance Therapy under the Stars﻿Let happiness rise from within.﻿This is your invitation to come home to yourself.