

Holiday the Holistic Way In Palolem, Goa! March 24th 2010++



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Author: www.holisticscapes.info

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March 11, 2010 -- Holistic Escapes, <http://www.holisticscapes.info> and East-West <http://www.east-west.co.il> wish to welcome you to a new addition to the conventional yoga and retreat holiday market. We offer you the chance to 'kick-back' your heels and evaluate your lives in the peace and quiet of some of the most picturesque beaches around the world. Our team of highly experienced, staff offer you an opportunity to change your life! Sometimes it is good to let go and just breathe!

We will welcome you with simple comfortable accommodations, delicious local cuisine, acclimatise

you to the area and then begin with our professional consultations, treatments, sports (including our favourite - Yoga!) All aspects of the holiday have been devised to offer a relaxing respite from the day to day running of your normal lifestyles. We enjoy setting our holidays by water, as we believe it is one of nature's most powerful 'healers'. How many times do you step under a shower, jump into a relaxing bath, dive into a swimming pool and suddenly feel all the pressures of your day – disappear?...You sigh, begin to sing and finally unwind in water so we ask ... How do you feel when you 'stop'!?

Well, we believe it can be good to spend as much time as possible by the sea, waterfalls, swimming pools, lakes and water ways, to just be. When we stop and look from a distance at our current lives, we can see the possibilities and opportunities we may have missed. When we start to work on ourselves – during our holiday time – we can begin to make the changes we need to bring about and that is when our team can step in. When we take responsibility for our actions - we can bring about change. Usually the only time we want to change is when something is not working in our lives.

We can all experience an unforeseen event, the onset of an illness, or some-one near to us leaves us - in one form or another and we feel loss. How we choose to deal with our issues is up to us. No one can change you – except you! Here are some things we have learned over the years of our own careers.

The more we physically move our bodies – the more we connect with ourselves. The more we cleanse our systems – from the inside out (detox!) – the more we can connect with our thoughts.

The more we connect with our thoughts, the more we know what we are looking for, (remember to listen to our own best friend –our gut intuition) Intuition is never wrong. Your first thoughts/feelings/ideas about new people or new situations you find yourself in, are the ones you need to pay attention



to the most. In relationships, how some-one 'looks' to you, is not necessarily as someone is to you!

The old wives tale of "never judge a book by its cover" is self evident , but with daily pressure from press , TV and media to be something we are told to be, it is getting harder and harder to maintain your own sense of self!

So our advice is to rely on your gut intuition in all matters where judgement and weighing things up – comes into play. Detoxed bodies produce detoxed 'minds' therefore when new thoughts come to us we suddenly know the answer and automatically know ways of getting what we want or need.

Considering joining us to learn more? Well, may we kindly suggest, there will need to be a few things to prepare before your trip to help you make that change:

1) willingness to admit that what you are doing now, is not getting you what you want.

2) that you will be happy to 'move' yourself - physically – to help you to 'think'. (To move can be any of these : walk – meditate in yoga – climb a local beauty spot – swim in the sea – any of the above or something else you like to do!)

3) you will allow others 'in' - to help you get - 'out'

As a team we have helped people with the onset of an illness, the remission from an illness, the loss of a loved one, the 'Break-Up' of a major relationship, the shift in lifestyle brought on by a new baby, job loss or job gain, move of house and/or new location, money issues and the associated stress.

All of the team members have been there at some time in our journey and all of us understand that feeling of "why is this really happening to me?"

We want to help! Our two companies offer you the chance to learn or practice the following:

- Yoga, Pilates, Tai Chi, Qi Kong, Meditation
- Experience Classic Chinese Medicine Treatments & Remedies

- Try new land based or water based sports
- Reiki Healing Circles
- One on one therapies including many styles of massage (including Tuina, Thai, Swedish, Aromatherapy)
- One on one healings , psychic readings, astrology charts, tarot
- Most important of all our staff give each one of you unconditional non-judgemental friendship.

There are no right or wrong things you can say or share with us. We are here to help you.

Over the years we have all learned one thing. Love in all its shapes and forms overcomes everything. Love begins with you. Until you love yourself it is impossible to for anyone else to love you. People can like you, relate to you, sit with you each and every day but, for you to feel complete joy in your heart , to feel that all encompassing feeling of belonging to anyone else , you need to be whole yourself. To be that, you first need to love yourself which begins with taking care of yourself.

How many times have well meaning friends offered you the small piece of advice; to take care of and work on yourself (and you reply with words such as, what do you mean , I am perfectly fine?!) Well, if you are fine you may want to come and work for us in the future!

All members of the team work in your best interest from the day you arrive until the day you leave. There may be an opportunity for therapeutic 'follow-ups' with our staff, via emails and naturally they can be in person if you live in the same country as someone who has been treating you.

All holidays have degree of flexibility built in to them. Please enquire about modifying your dates and the charges incurred to apply them. (If we get charged modification costs from our suppliers of accommodations/therapy rooms/transport etc, we need to pass them on – but we will try to keep them, to a minimum.) All last minute bookings are possible, sometimes at a varying cost, but we do our best to accommodate everyone. Life changes happen when we all least expect them!

We hope you enjoy the journey called life and our aim is for you to have fun, happiness, continued health and good fortune getting there. Namaste!

To book our one of our holidays,
visit <http://www.holisticescapes.info> or email
info@holisticescapes.info

Phone enquiries before our next holidays can be made before 15 March 2010 on +972 50 324 3006

Contact Details

Ann S Klein

Director - current

Tel contact: 00972 50 324 3006

email - info@holisticescapes.info

website:- www.holisticescapes.info

country for holiday INDIA

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