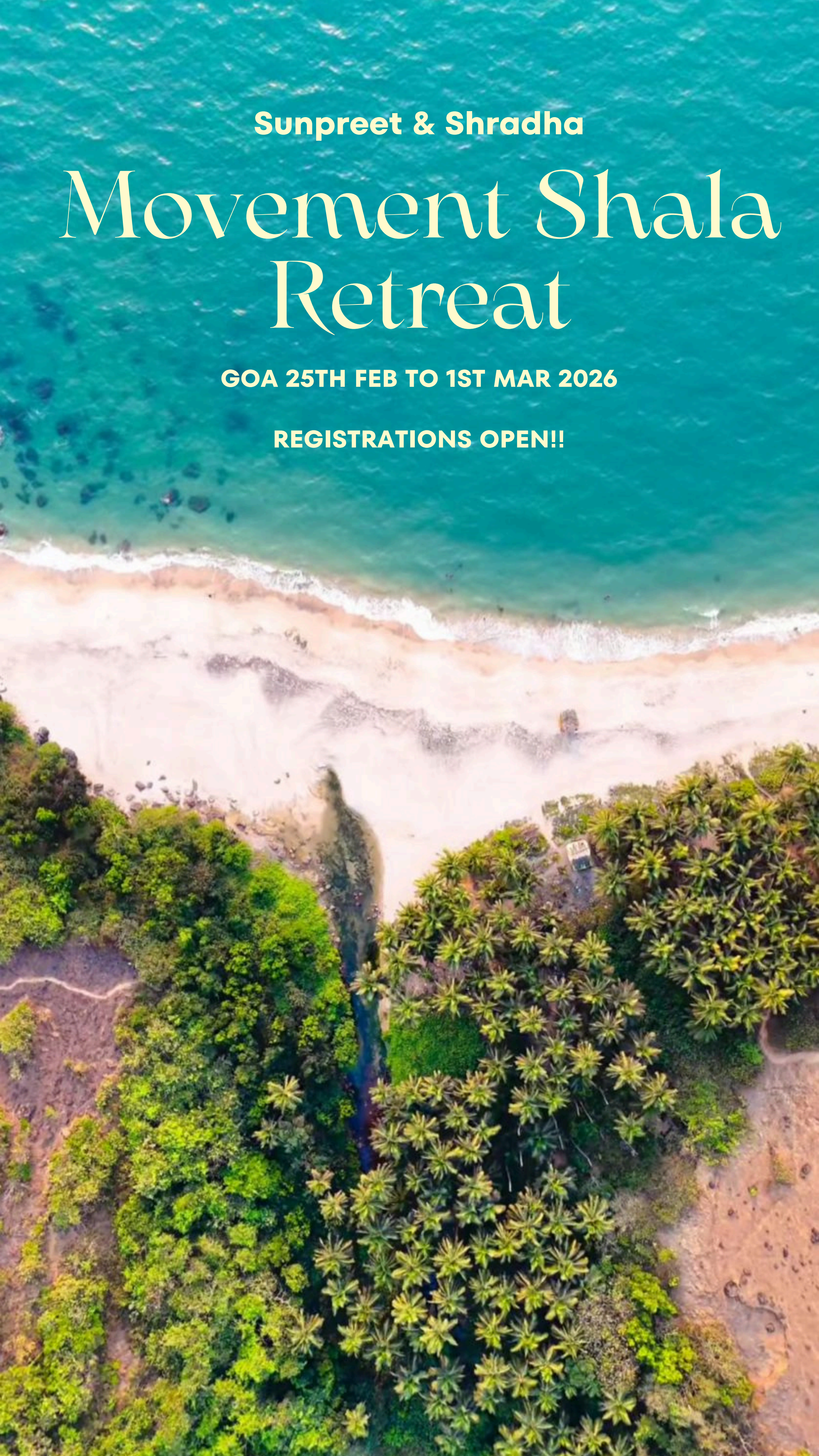


Sunpreet & Shradha

Movement Shala Retreat

GOA 25TH FEB TO 1ST MAR 2026

REGISTRATIONS OPEN!!






Move | Restore | Rise

This February, step away from the noise and return to your body

From 25th February to 1st March 2026, join us at Movement Shala, Goa for a 5-day immersive movement retreat to train mindfully, relax deeply, and reconnect.

Hosted by Sunpreet & Shradha, this retreat brings together strength, mobility, play, and stillness. Expect thoughtfully curated sessions that balance challenge and recovery, effort and ease.

Whether you're new to movement exploration or already deep into your practice, this retreat meets you where you are and gently takes you further.



Why Goa?

Cradled by the Arabian Sea, Goa invites you to slow down, move with intention, and breathe deeply. With its beaches, greenery, and laid-back energy, it creates the perfect backdrop for restoration and exploration.



About Stay

Your home for the week is Palmorama, a tranquil wellness retreat set amidst lush palm groves in North Goa. Designed for relaxation and mindful living, Palmorama offers a perfect balance of comfort, nature, and understated luxury close to Goa's beautiful beaches yet peacefully removed from the crowds.

Training Space:

Training sessions will be conducted at Shala

About Shala

Our shala is a thoughtfully designed, welcoming workspace created to support focused practice and mindful movement. Equipped with all the necessary amenities. It offers a comfortable and functional environment for practitioners of all levels. Conveniently located, the space is ideal for classes, workshops, and personal practice in a calm, professional setting.



Planned Activities



Hike:

Discover scenic trails that wind through lush landscapes and open viewpoints.

Breathe in fresh air, reconnect with nature, and enjoy the journey at your own pace.

Bouldering:

Experience the thrill of climbing in a dynamic and engaging way. Bouldering builds strength, balance, and problem-solving skills through short, powerful routes.



Planned Activities



Beach Strength Sessions:

Train outdoors with energizing strength sessions set against the ocean backdrop. Feel the sand beneath your feet as you build strength, resilience, and vitality by the sea.

Ice Bath:

Ice baths help reduce muscle fatigue, boost circulation, and sharpen mental focus. A refreshing recovery practice that leaves you feeling energized and renewed.



Planned Activities



Handstand Sessions:

Develop balance, strength, and body awareness through guided handstand practice.

These sessions focus on alignment, control, and confidence in inversion.

Suitable for all levels, with progressions tailored to each practitioner.

Breathwork

Explore conscious breathing techniques to calm the mind and energize the body.

These sessions support relaxation, focus, and emotional balance.

A powerful practice to deepen awareness and enhance overall well-being.



Accomodation options

Stay at the serene Palmorama, a tranquil wellness retreat in North Goa, featuring spacious, nature-facing accommodations that combine comfort and mindful living.



Pricing

Total Price of the full retreat:

Regular price: Rs 60,000/-

Inclusive of 5 Days/ 4 Nights stay

Shared accomodation

Breakfast everyday

Access to all classes



Inclusions

Shared accommodation for all 4 nights

Breakfast for all 5 days

Access to all the classes

Exclusions

Flights

Lunch & Dinner

Transport internally to & from studio & airport

Your host's note:

Hi, I am Sunpreet, your co-host. I'm a self-taught movement coach focusing on full-body awareness, mobility, active flexibility, handstands, and soft acrobatics. My classes blend playful games with strength and inversions, making movement both challenging and fun.

IG: @sunpreet_sing



Hi, I am Shradha, your co-host. I hold Level 3 authorization in Ashtanga and Hatha Yoga and am a certified prenatal and postnatal yoga specialist. My classes blend Pranayama, breathwork, and mindful movement, creating a supportive, uplifting space for connection and growth.

IG: yogalabshradha



Terms & Conditions

Bookings open only till 24th February

Payment Modes (USDT, Revolut, Paypal, Google Pay, Bank transfer)

Let us know about any Medical conditions/ injuries that we should be aware of



Thank you!

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Instagram dm on @movement.shala