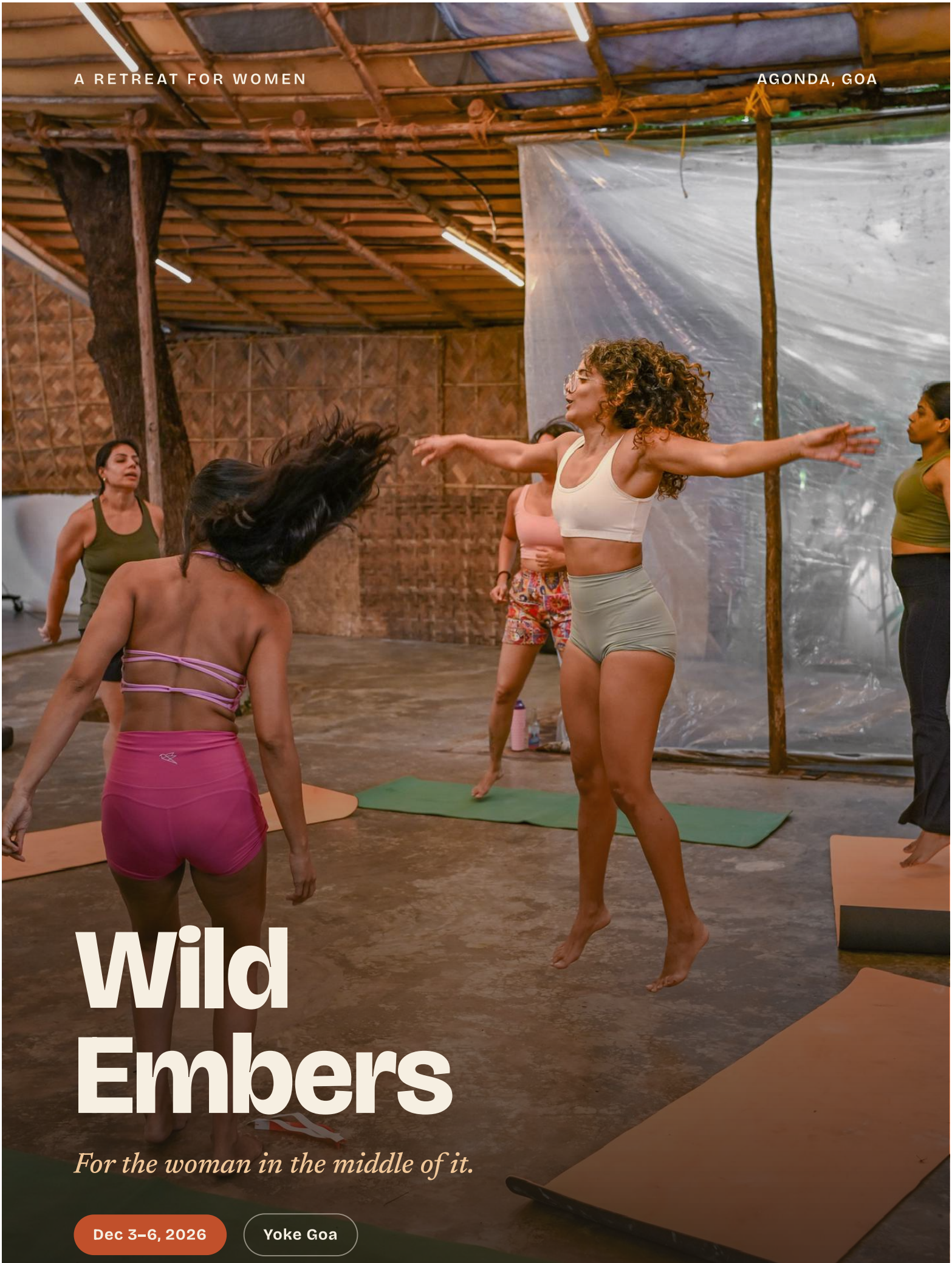

A RETREAT FOR WOMEN
AGONDA, GOA
Wild Embers
For the woman in the middle of it.
Dec 3–6, 2026
Yoke Goa

01 — WHY WE BUILT THIS

A note from us



This started, like most honest things do, in conversation.

Late nights, long voice notes, morning walks, moving on the mat together, releasing and crying together, cups of coffee gone cold. Talking about who we were becoming, what was shifting in our relationships, our bodies, our sense of self. Asking questions we didn't have answers to. Sitting with a lot of fog.

And then realising it wasn't just us.

It was women everywhere around us, in their thirties and forties, quietly navigating the same unraveling. The identity shifts. The relationships changing shape. The feeling of giving so much to everyone else and losing the thread back to yourself.

What got us through it, what keeps getting us through it, is each other. And the particular magic of women sharing space together. Something that takes us back to girlhood, to the ease and realness of it, before we learned to perform and manage and hold it all together.

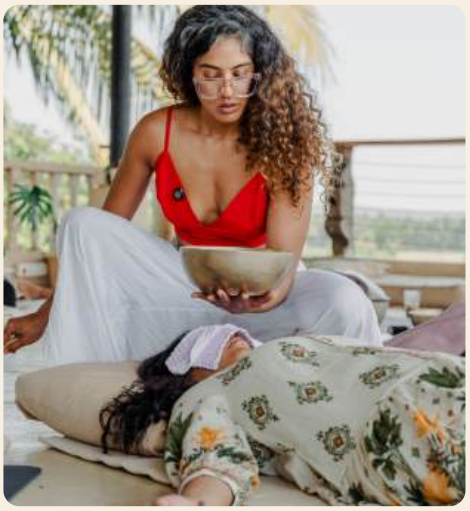
And our practices. Movement. Breath. Coming back to the body. Reigniting play back into our lives. Feeling joy fully, and feeling the grief fully too, without needing either one to resolve into something neater.

We believe in this deeply. We hope you'll join us.

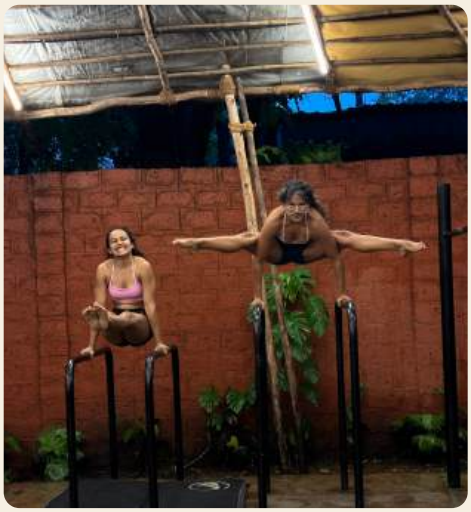
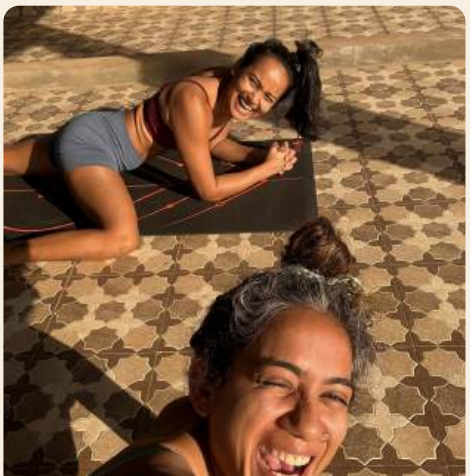
We built Wild Embers because we needed it. Not a retreat that promises transformation or sends you home fixed. But a space to go beneath the surface, together, and find what holds you there.

With love,
Tulsi and Shradha









02 — IS THIS YOU?

Who finds her way to Wild Embers

You are in the middle of something.

Maybe it's a relationship shifting. A career being questioned. A changing body you're still making sense of. Motherhood changing who you thought you were. A sensuality and sexuality ready to be explored, empowered, and fully expressed. A version of yourself you're grieving, and a new one you haven't quite met yet.

You're capable. You're resourceful. And you're tired of holding it all together.

You've done a lot of searching. Therapy, podcasts, books, solo travel. You're not new to doing the work. But you're looking for something you can't quite name. A room where you don't have to explain yourself. Where the conversations go to the places most spaces don't.

You want to feel. Fully. Not perform wellness but actually land somewhere honest.

You're drawn to movement, to your body, to the idea of joy and play, even when life feels heavy. You know connection with other women is medicine, even if you don't always prioritise it.

You are in your thirties or forties. You are done with surface level. And you are ready to go beneath it — even if you don't know exactly what that means yet.

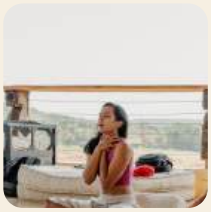
03 — WHAT HAPPENS THERE

Inside Wild Embers



Movement

As yoga and calisthenics practitioners, we've learned firsthand what it feels like to be amazed by your own body — what it can hold, what it can do, what it's capable of when you stop fighting it. This isn't a fitness class. It's an invitation to explore your strength, your power, and the relationship you have with the body you live in.



Breathwork & Somatic Healing

We carry so much in our bodies — joy, grief, tension, desire, memory. Breathwork and somatic practices create the conditions to feel it, move it, and release what's ready to go.



Wild Embers Circles

Open, honest, unfiltered conversations about the things we don't usually say out loud. Identity. Sensuality. The body. Relationships. What's shifting and what we're holding. A room where nothing is too much.



In the Wild

Hiking, exploring, being in nature. Because something shifts when you take yourself out of the familiar and into the open. Goa's landscape does its own kind of work.



Dance & Play

For joy. For connection. For the version of you that knows how to let go — with yourself, with the earth, with the women around you.



Grounding & Reflection

To connect deeper with yourself, to acknowledge your patterns and what you're ready to release and invite in.



04 — YOUR GUIDES

About us

Tulsi

I'm a somatic practitioner and trauma-informed breathwork facilitator based in Goa. My work sits at the place where the body and its story meet, where slowing down enough to listen changes everything.

My path here started with my own body insisting on being heard — migraines, a quiet persistent grief I couldn't locate, years of looking outward for safety and finding it never quite filled the gap. The slow work of learning to listen instead of fix became the foundation of everything I now offer.

Movement has been equally my teacher. Through yoga, calisthenics, and the ocean, I learned to trust my body and meet it with both strength and softness. For me, breath and movement are inseparable.

300H Breathwork Facilitator · 200H Yoga Teacher · 60H Clinical Sexual Trauma Therapy · MSc + BA Anthropology · Sound Healer, IASH

Shradha

I am a movement Educator, Prenatal Specialist & Birth Doula in Training based in Goa. My work brings together movement, breath, and education to help people build a body they can trust, whether they're learning to move with confidence, preparing for birth, recovering postpartum, or simply reconnecting with themselves.

My own healing journey began after being diagnosed with a lung disease. Through movement and breath, I rebuilt trust in my body and discovered their power to strengthen not just the body, but resilience, confidence, and the way we move through life. That experience shapes everything I teach.

Yoga is the foundation of my practice, but I also draw from calisthenics, climbing, mobility training, functional movement, and breathwork because every body is different, and every practice should be too.

Level 3 Authorised Ashtanga & Hatha Yoga Teacher · 900+ Hours Training (Indea Yoga, Mysore) · Certified Prenatal & Postnatal Yoga Teacher · Birth Doula in Training

05 — WHERE WE'LL BE

The Space

Yoke Goa is a soulful retreat destination tucked away at the southern end of Agonda, a palm-fringed, quietly spiritual village on the South Goan coast. It's the kind of place that does its own work on you before the sessions even begin — two shalas, a café, and room options that feel like a genuine exhale.









1h 40m from Dabolim Airport · 2h 20m from Mopa Airport

www.yokegoa.com →











06 — THE DETAILS

Cost, dates & the practical bits

Dates & Arrival

December 3rd–6th, 2026. Arrive for lunch on the 3rd, depart after breakfast on the 6th — three full days in between.

Getting There

Fly into Dabolim Airport (1h40 away) or Mopa Airport (2h20). Send us your flight details and we'll help coordinate travel with the other Wild Embers.

Investment

All prices include the retreat and three nights accommodation with two meals per day. Travel not included.

Room	Type	Price / person
Studio Suite	Private (newer room)	INR 84,000
Studio Suite	Double occupancy (newer, larger room)	INR 75,000
Stone Cottage	Private (smaller room)	INR 75,000

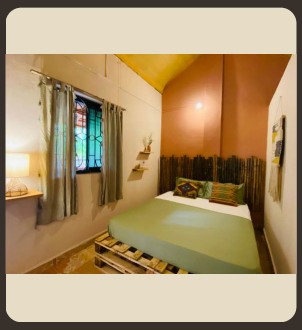
Rooms are allocated on a first come, first served basis. We'll do our best to match your preference.

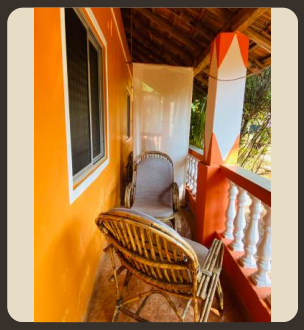

Studio Suite


Studio Suite


Studio Suite


Studio Suite


Stone Cottage


Stone Cottage


Stone Cottage


Stone Cottage

Booking Your Spot

A non-refundable deposit of INR 10,000 confirms your place. The remaining balance can be paid in up to three instalments:

First instalment: 35% of total due by 15th September
Second instalment: 35% of total due by 15th October
Final instalment: Remaining balance due by 15th November

Refund Policy

Full refund (excluding the deposit) available until 15th October. After that, only if your spot is filled by another participant, you'll receive a refund.



Ready to join us?

Write to us or whatsapp us to know more and book your spot!

wearewildembers@gmail.com

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