

# THE SOLUNA EXPERIENCE

curated travel experiences for women

## A MONSOON ESCAPE

Fitness | Wellness | Adventure | Nature



Goa, India

6th - 10th & 20th -24th Sept

[www.thesolunaexperience.com](http://www.thesolunaexperience.com)





## GOAN MONSOON ESCAPE:

Picture shades of green, the ambient sounds of the rain,  
cicadas and birds.

Goa in September is food for your soul.

Our curated travel experience is designed with the  
intention to enable women to pause from the roles they  
play in life, step back and take time only for themselves.

We understand that travel, especially solo, can be daunting  
to some, which is why we've designed our experiences to  
be safe spaces for women to travel solo or in small groups.  
Keeping this in mind we have covered every aspect of your  
experience to ensure that all you need to do is book your  
tickets and leave the rest to us.

We've partnered with a breathtaking luxury boutique  
resort, one of Goa's best kept secrets which can't be found  
on any "must see in Goa lists". Spread over 24 acres of  
verdant countryside this property is yours to call your own.

Rekindle or enhance your relationship with fitness,  
adventure and exploration irrespective of where you are in  
your journey and return with an improved kinship with your  
mind and body.

Our itinerary is designed with fitness and outdoor activities  
interspersed with a healthy amount of downtime for you to  
rest, catch up on that book you've been trying to read and if  
you're up to it, engage with other travellers in conversation  
and recreation.

Embark on an adventure of a lifetime with **treks and trails  
through the Western Ghats**, wander through sleepy villages  
and discover Goa from a completely unique perspective.  
**Connect with other women on this journey** and form new  
bonds and **unforgettable memories**.

Join us for a restful and transformative journey, **tailored to  
your speed**.





## WHY THE SOLUNA EXPERIENCE?

### RESET AND REFOCUS

A break from the mundane routines of life to reset and reconnect with yourself and with nature.

### EXPLORE FITNESS

Enhance your relationship with fitness, nutrition, meditation and sleep. Making it an easier practice.

### TRAVEL SOLO

Discover the joys of travelling by yourself in a safe environment.

Step out of your comfort zone and dive into adventure. Want to bring a friend? of course you can.

### BOND, SUPPORT, COMMUNITY

Forge new connections with diverse women on their own journeys. Enjoy conversations, create shared experiences, make memories.





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## ABOUT US

Soluna, a word derived from the Latin words "Sol" meaning sun and "Luna" meaning moon, encapsulates the essence of finding harmony between light and dark, positivity and negativity, and self and others. It represents the delicate balance that tips the scales back to the center.

It was the pursuit of this balance between career and passion that led Ruth D'Roza and Mathai Tharakan, the founders, to make a life-changing decision—to leave behind the bustling city life of Bangalore and embrace the open, inviting spaces of Goa. Mathai's extensive experience as a fitness coach, working with over 300 women above the age of 30, opened their eyes to the need to provide opportunities to reset and find balance for women who gracefully juggle multiple roles in life. From countless conversations and profound insights, The Soluna Experience was born.

Our vision is to create safe havens for women travellers, empowering them to explore the world, build a healthy relationship with fitness, and embark on new and exciting experiences—all while fostering meaningful connections and friendships along the way. After all, isn't balance the most crucial element of a juggling act?

At The Soluna Experience, we are committed to curating transformative journeys that allow women to reclaim their sense of self, discover their inner strength, and embrace the joys of travel. Join us as we embark on a remarkable adventure of balance, growth, and connection.







## ITINERARY

### 01 | WED, 6TH SEP 2023

- Land in Goa. We'll pick you up at the airport and head to our property
- Check in to your room and relax, unwind with the amenities on the property and let the city melt away.
- 7:00 pm - Meet and greet with the team and other guests
- 8:30 pm - Community dinner
- 9:30 pm - Setting intentions for the experience
- 10:30 pm - Retire for the night

### 02 | TUE, 7TH SEP 2023

- 6:30 am - Yoga/fitness session with a view of the sunrise
- 8:30 am - Breakfast
- Relax and unwind
- 1:00 pm - Lunch
- 2:00pm - 4:00pm - Susegaad time - time for you to nap/ read/ go for a swim
- 4:00 pm - Tea time
- 5:30 pm -6:30pm - Activity based workout
- 8:00 pm - dinner time followed by games and conversation
- 10:30 pm - retire for the night



## ITINERARY

### 03 | FRI, 8TH SEP 2023

- 6:00 am - Coffee and refreshments
- 6:30 am - Head out of the property to the Chorla ghats for a trek to a waterfall.
- Breakfast along the way
- Homemade lunch in the village
- 5:00 pm, - Return to the property, unwind & relax
- 7:00 pm - Yoga session to unwind and stretch
- 8:30 pm - Dinner time followed by unwinding and reflection
- 10:30 pm - Retire for the night

### 04 | SAT, 9TH SEP 2023

- 6:30 am - Yoga/fitness session with a view of the sunrise
- 8:30 am - Breakfast
- 9:00 am - 12 pm - Cycle tour of Salvador do Mundo - explore the inland waterways and village life
- 1:00 pm - Lunch
- 2:00 pm - 4:00pm - Susegaad time - time for you to nap/ read/ go for a swim
- 4:00 pm - Tea time
- 7:00 pm - Leave the property for a celebratory dinner at a great local bar and restaurant
- 11:30 pm - Retire for the night



## ITINERARY

05 | SUN, 10TH SEP 2023

- 7:00 am - Breathwork session
- 8:30 am - Breakfast
- 9:00 am - 12:00 pm - Optional 1-1 connects with team Soluna on living a healthier life.
- 12:00 pm - Check out from property and drops to the airport
- 1:00 pm - Lunch at property for guests with later flights
- Goodbye until we meet again!



### TARIFFS STARTING FROM

### PRICE

Double occupancy suite

**Rs 50,000\***

Private occupancy suites

**Rs 85,000\***

*Prices inclusive of all activities mentioned in the itinerary.*





## WHAT'S INCLUDED IN THE EXPERIENCE?

- Airport transfers in Goa
- Stay for 4 nights at a luxury boutique hotel with 3 private pools
- Nutritious meals with locally sourced ingredients. All options available
- Internal travel for activities throughout the experience
- Personalized fitness sessions
- Yoga sessions
- Breathwork sessions
- Adventure activities
- Personalized fitness and nutrition plans

## WHAT'S NOT INCLUDED IN THE EXPERIENCE?

- Flight tickets to and from Goa
- Any purchases made outside of the experience
- Any special requests that guests may have

## CONNECT WITH US

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