

PADMAJAA IYER

The Art of Arrival

Manifesting the Life You Choose, the Japanese Way

YOSHUKU 予祝 BY THE SEA · SECOND EDITION

23 – 25 October 2026

CONTACT +91 78991 03548 FOR DETAILS

A RETREAT BY THE SEA WITH PADMAJAA IYER

Quinta Verde, Benaulim, South Goa

Why by the Sea

When the monsoon reaches this coast, the boats come in. They're pulled up onto the sand, and for weeks no one goes out to fish.

But no one is idle. Nets are mended. Hulls are scraped and repainted. Engines are opened up and set right. The whole village gets ready for a season that hasn't begun yet.

Nobody calls this wasted time. It's the reason the season works.

When the sea settles and the boats go back out, the fishermen aren't hoping the fish will be there. They've already prepared as though they will be.

Yoshuku, the Japanese art of living as though your prayers have already been answered, is the same instinct by another name. You don't wait for the good year to arrive before getting ready for it. The getting ready is part of what brings it.

THE MONSOON HAS PASSED. THE SEASON HASN'T BEGUN.

Late October on this coast is a threshold. The rains are done, the land is washed green, and the sea is settling.

The Art of Arrival is held on 23–25 October, right on that threshold. You leave with about ten weeks left in 2026: enough time to mend your nets, clear what the year has piled up, and step into 2027 already knowing what you're sailing out for.

This isn't a season to be busy in. It's a season to decide in.

"The nets aren't mended because the fish have come. They're mended because we know they will."





THE HEART OF IT

What is Yoshuku 予祝?

We often wait for life to change before we celebrate. We wait for the outcome before we let ourselves feel the joy. But the sea teaches us a different rhythm.

You are invited to South Goa for an immersive experience rooted in the Japanese concept of **Yoshuku**: the subtle, profound art of living as though your prayers have already been answered.

This is not just a retreat. It is a practice in “pre-celebration”: a space to design your 2027 from a place of fulfilment, not lack.

What if the future you desire is not a place you are going to, but a place you come from?

OUR HOME FOR THREE DAYS

The Sanctuary

Our home for these three days is **Quinta Verde**, a 350-year-old Portuguese home in the village of Benaulim, South Goa.

The house carries its centuries gently. A tiled roof, a long verandah with green latticed railings, tall arched doors that open onto the garden, and cool red-oxide floors underfoot. Inside, there are high wooden-beamed ceilings, window seats made for sitting with a journal, and a cabinet full of books.

Outside, stone paths wind through a tropical garden of palms, banana leaves and hibiscus. There are quiet benches tucked under the green, and plenty of room to roll out a mat.

It's a house built for slow living. After the monsoon the garden is at its most lush, and the old walls hold the kind of stillness this work needs.

The house has been here through 350 years of arrivals. It's a fitting place to practise yours.





WHAT WE'LL DO TOGETHER

The Experience

I

Breath & Focus

Ancient techniques to quiet the noise and sharpen the mind.

II

The Mirror of Nature

Journaling and contemplation in a garden of palms and old stone.

III

Cognitive Play

Activities designed to shift your perspective and rewire how you see the year ahead.

IV

Community & Solitude

Sharing space with kindred spirits, and finding deep quiet within yourself.



PRICING · 3 DAYS / 2 NIGHTS

The Investment

The Art of Arrival is a held, three-day residential programme. You arrive on Friday the 23rd in time for lunch and leave on Sunday the 25th after breakfast.

₹30,000

PER PERSON

+ 18% GST (₹35,400 in total)

Coming as a couple or a family?

Check with us for couple and family discounts.

Four rooms. Ten guests. That's the whole retreat.

There are two double-occupancy rooms and two triple-occupancy rooms. All rooms are shared, and there are no single rooms. In the triple rooms, the third bed is on a wooden loft reached by a ladder. If you'd prefer a bed on the ground floor, just tell us when you book.

- **Coming as a couple?** Book together and you'll be given a double room.
- **Coming with a friend?** Tell us and we'll place you together.
- **Coming solo?** You'll share with other participants. In my experience, that's often where the best conversations happen.

What is Included

Inclusions

- The full programme: all sessions and practices, facilitated by Padmajaa Iyer
- 2 nights at Quinta Verde
- Meals: Friday lunch, Saturday breakfast and lunch, Sunday breakfast
- Tea and snacks every day
- Transport to and from the beach for Saturday's morning session
- A retreat workbook and stationery

Exclusions

- Travel to and from Goa
- Dinners. Evenings are yours to explore Benaulim and try the local food.
- Snacks, extras and personal expenses

At the Table

Local Goan home cooking, with vegetarian options. Eggs are served at breakfast for anyone who asks. Special dietary needs require advance notice, so please tell us when you book.



How to Book

1 Reach out.

Message us on WhatsApp at +91 78991 03548. We'll answer your questions and, if it feels right, hold your place.

2 Confirm with the booking amount.

A booking amount of **₹10,000 + 18% GST = ₹11,800** secures your place. With only ten spots, places are held in the order payments arrive.

3 Balance on arrival.

The balance of **₹20,000 + 18% GST = ₹23,600** is payable when you arrive at the retreat.

Where to Send It

Scan the QR code or use the bank details on the last page. After paying, share your confirmation screenshot with us on WhatsApp.

Cancellations

- ₹5,000 of your booking amount is non-refundable.
- **Cancel on or before 18 October:** the other ₹5,000 is refunded.
- **Cancel after 18 October:** the full booking amount of ₹10,000 is non-refundable.
- Your place may be transferred to another person at any time before the retreat begins. Just tell us who.

*Life happens. If something serious comes up, talk to us and we'll work it out together.
We would rather find a way than hold a rule.*

Getting There

- **Nearest airport:** Goa International Airport, Dabolim (GOI), the closest to Benaulim. Manohar International Airport at Mopa (GOX) is in North Goa and is a much longer drive.
- **Nearest railway station:** Madgaon (Margao), a short drive from Benaulim.
- **Getting a taxi:** prepaid taxi counters at the airports, or book through the GoaMiles app.

Travel to and from Goa is arranged by you. We're glad to help you coordinate. Tell us your arrival plans and we'll connect you with others arriving the same day so you can share a ride.

Location: Quinta Verde, Benaulim, South Goa

maps.app.goo.gl/vfqs9A2SXDLpv4NY8

What to Bring

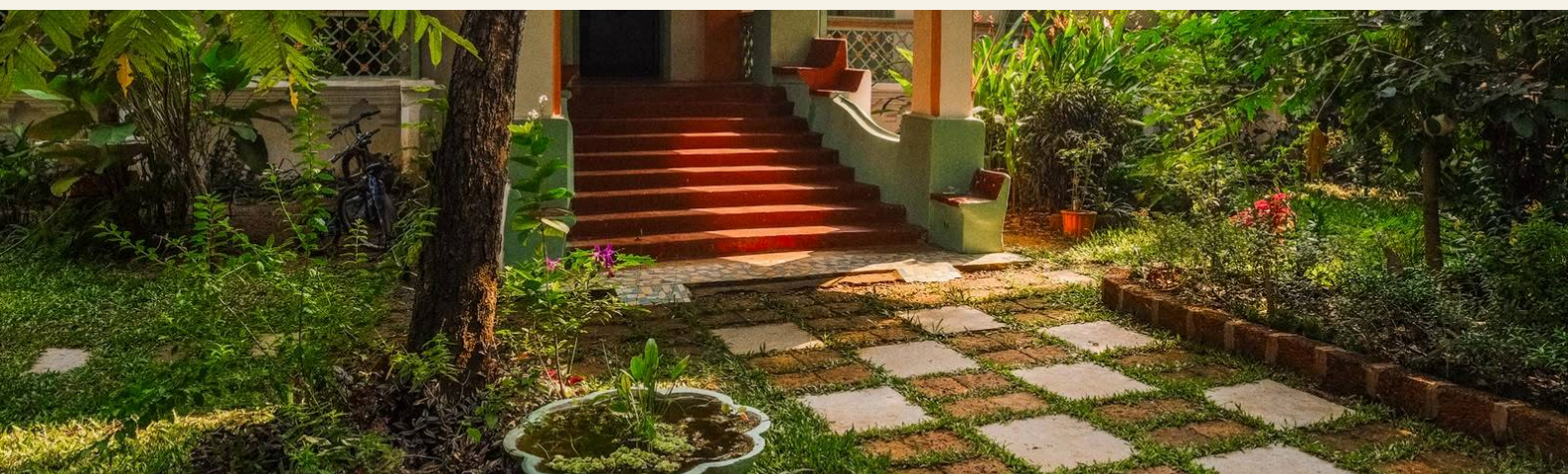
- Your own yoga mat
- Your own toiletries
- A reusable water bottle (it helps us skip the paper cups and plastic bottles)
- Light cotton clothes
- Flip-flops or comfortable footwear for the beach
- Sunscreen, a sun hat and sunglasses
- Mosquito repellent
- Swimwear, if you'd like to get in the water
- A light stole or shawl for air-conditioned rooms or a breezy evening
- A small umbrella or light rain jacket
- A tote or cloth bag for beach walks and market visits
- Any personal medicines you need



EVERYTHING ON ONE PAGE

At a Glance

WHAT	The Art of Arrival: Yoshuku 予祝 by the Sea, Second Edition
WHEN	Friday 23 – Sunday 25 October 2026
CHECK-IN	Friday 23 October, 12:30 pm. We begin with lunch.
CHECK-OUT	Sunday 25 October, 11:00 am, after breakfast
WHERE	Quinta Verde, Benaulim, South Goa
FORMAT	3 days, 2 nights, residential
GROUP SIZE	4 rooms, 10 guests
INVESTMENT	₹30,000 + 18% GST (₹35,400) per person · ask us about couple and family discounts
BOOKING	₹11,800 (₹10,000 + 18% GST) to secure your place · balance ₹23,600 (₹20,000 + 18% GST) on arrival
GETTING THERE	Fly to Goa (Dabolim) or take the train to Madgaon
ENQUIRIES	WhatsApp +91 78991 03548



ABOUT THE FACILITATOR

Padmajaa Iyer

Padmajaa's wisdom is born from lived experience. Following a life-altering health challenge in 1998, she turned inward, uncovering the profound connection between mind, body, and spirit. That journey became the catalyst for her life's work: guiding others to move beyond survival and truly thrive.

Bridging the worlds of high-impact corporate leadership and holistic well-being, Padmajaa works with a diverse spectrum of individuals—from CEOs in boardrooms to children in community centers. She champions the art of conscious living, empowering people to navigate life with compassion, take radical responsibility for their joy, and design meaningful futures.

Are you ready to arrive?

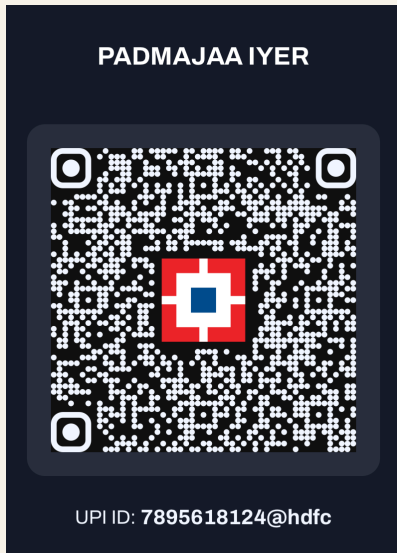
*Come with an open mind. Come with a playful heart.
Come to unwind, to meet yourself, and to find your shore.*

WhatsApp +91 78991 03548 · @padmajaa_iyer · Padmajaaier.com · Padmajaa@padmajaaier.com

SECURE YOUR PLACE

Join the Journey

“You arrive. The work is held. The space is prepared. All that is asked of you is that you come.”



SCAN TO PAY BY UPI

Bank Transfer

ACCOUNT HOLDER Padmajaa Iyer

ACCOUNT NUMBER 50100197997928

IFSC HDFC0005801

BRANCH Kogilu Cross

ACCOUNT TYPE Savings

MMID 9240335

UPI ID 7895618124@hdfc

GSTIN 29AKXPR4486Q1ZJ

Pay **₹11,800** (₹10,000 + 18% GST) to secure your place, then share your payment screenshot with us on WhatsApp. The balance of **₹23,600** (₹20,000 + 18% GST) is payable on arrival.

Need help? WhatsApp +91 78991 03548 · Padmajaa@padmajaiyer.com · Padmajaiyer.com

See you by the sea.