

Sara Ali Khan Curates and Hosts an Exclusive Wellness and Yoga Retreat on Airbnb

Category: Business

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Bollywood actor, fitness and travel enthusiast Sara Ali Khan will for the first time curate and host an [exclusive wellness and yoga retreat](#) for a group of up to four guests at a serene Airbnb in Goa, India. Set amidst the lush landscape of the sunshine state, this retreat is set to offer the ultimate escape, providing a perfect backdrop for relaxing and nurturing one's holistic wellbeing.



Sara Ali Khan hosts an exclusive wellness and yoga retreat on Airbnb

Known for balancing her dedication to fitness with her fast-paced cinematic career, Sara is now bringing her passion for wellness and yoga to Airbnb for this retreat in Goa. Guests will enjoy practising yoga with Sara in a stunning nature-inspired sanctuary, and get the opportunity to gain [insights into Sara's personal wellness](#) rituals and secrets.

"I'm really excited to welcome guests to this special wellness and yoga retreat in Goa, only on Airbnb. Surrounded by [nature's beauty](#), we'll focus on nourishing the mind, body and soul while creating meaningful memories together. It's an opportunity to unwind, reconnect and embrace [life's](#) simple pleasures in an unforgettable setting," shared **Sara**.

Airbnb signed a [Memorandum of Understanding \(MoU\)](#) with the Goa Tourism Department in 2022, focussed on promoting Goa's serene hinterlands and its unique homestay ecosystem. Through this collaboration, Airbnb aims to support the government's vision to promote '[Goa beyond beaches](#)' for domestic and international

travellers seeking tranquillity, culture and connection.

"We are ecstatic to welcome Sara as [Airbnb's latest host](#). With the rise of [Indian travellers seeking unique and immersive experiences](#) when they explore destinations, combined with Bollywood as a cultural zeitgeist, this retreat promises to be unlike any other. It also offers a glimpse into wellness tourism as an exciting emerging travel trend," said **Amanpreet Bajaj**, Airbnb's General [Manager for India](#), Southeast Asia, Hong Kong and Taiwan.

"Goa's evolution as a wellness destination highlights the state's incredible diversity. In partnership with Airbnb, we are committed to promoting Goa as a harbour for high-quality tourism and experiences that [travellers](#) can discover, cherish and rejoice in," said **Shri Rohan Khaunte**, **Minister for Tourism, Government of Goa**.

Embark on a Wellness Getaway with Sara Ali Khan

About the retreat

Curated and led by Sara, the two-night, three day retreat will see guests experiencing Sara's all-time favourite wellness activities, including:

- A meet and [greet](#) with Sara followed by a bespoke yoga session guided by Sara
- A personalised welcome note sharing Sara's tips for embracing wellness during a hectic schedule
- Savouring some of Sara's favourite healthy dishes such as sprouts salad, grilled [fish](#) or chicken, hummus with sauteed veggies, palak paneer with roti and tandoori tikkas.
- Basking in the serenity of Goa through a guided nature trail

- Unwind with rejuvenating massages that [promote relaxation and well-being](#)
- Taking home a special personalised memorabilia from Sara to cherish this unforgettable experience

About the home

Escape to a lush, jungle-style oasis in [Goa for a mindful experience curated by Bollywood](#) star Sara. This tranquil home seamlessly blends the indoors and outdoors, and features a biophilic design surrounded by dense foliage, tall bamboo trees, and fragrant blossoms. Whether one is looking to embrace self-care or simply unwind, the retreat offers a peaceful, minimalist space designed with soothing earthy tones. Enjoy a refreshing dip in the pool, or dinner in the gazebo under the stars. This unparalleled experience will revitalise your mind, body, and soul amidst the serene surroundings of Goa.

How to book:

- Requests to book open at 10 am IST on November 27 at airbnb.com/saraalikhan.
- The two-night, three [day retreat will be priced](#) at Rs. 0. The guest will be selected on a first come, first served basis, and can bring up to three companions along.
- Guests will be responsible for their own [travel](#) to and from Goa, India.

Disclaimer:

All information, content, recommendations and [services provided](#) in this yoga and wellness retreat are for informational and educational purposes only and do not

constitute medical advice. The host of this retreat is not a registered medical, Ayurveda or aromatherapy practitioner. The yoga and wellness [themed](#) experiences have been curated based on personal experience & preferences, and are not intended to replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before making changes to your diet, exercise, yoga or wellness routine or health practices.”

