

# 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](https://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.”

