



# Yoga & Ayurveda Retreat with Jody

February 28<sup>th</sup> – March 9<sup>th</sup> 2024 (Weds – Sat)

## The backwaters of Cherai, Kerala, India



I am so delighted to be offering a combined Yoga & Ayurveda retreat in this stunning location in the comfort of a gorgeous Boutique Hotel. This is a truly wonderful opportunity to completely unwind, to take care of yourself, whilst experiencing a gentle taste of Mother India. Ayurveda is like the sister of Yoga, traditionally working alongside each other to take care of our mind, body and soul. Ayurveda doctors train for several years and are afforded the same respect in India as western doctors are here.

**Ayurveda:** Soon after arriving you will have a consultation with an Ayurveda doctor, which can take up to an hour. Then each day you will receive the appropriate treatments for about an hour including various massages and herbal remedies tailored to your requirements.





**Yoga:** You will have an early morning & evening Yoga class from the day after our arrival until the day before departure with 1 day off mid retreat. These will take place in their dedicated Yoga shala, they provide mats and blocks. Classes will include āsana, prānāyama and meditation.



**Accommodation:** 10 nights in a simple, comfortable room, all are en-suite with relaxing views to the gardens. The sea is just 200m walk away where you can enjoy a swim.



**Food:** This retreat is fully inclusive of all food. We will be provided with 3 healthy vegetarian meals per day plus tea, coffee, juice and snacks.

**Trips/extra treats:** These may include local sightseeing in a tuk tuk, shopping trip to the city, local 1 hour boat trip on the backwaters, local festival, classical dance performance in the evening. Our host is dedicated to us having as full and enjoyable a trip as possible!

**Travel:** We will fly to Cochin international airport in Kerala which is about 19 miles from our venue. Transfers are arranged by our host to and from the venue/airport.

**Cost:** The price per person sharing a room with your partner/friend is £1,300. If you wish to have a room on your own there is a supplement of £250. If your partner/friend doesn't wish to do Yoga there is a discount for them of £150. Included in this price is everything mentioned above. It doesn't include your flights, insurance or evisa. Please note you need 6 months remaining on your passport to enter India. To reserve your space please complete the booking form and pay the £350 non-refundable deposit. The non-refundable balance is due by December 31<sup>st</sup>. Places are limited so do reserve your space asap.

If you have any questions or would like to book, please email me at [jody@yogaakasha.co.uk](mailto:jody@yogaakasha.co.uk)  
I do hope you can join me for this trip of a lifetime!

