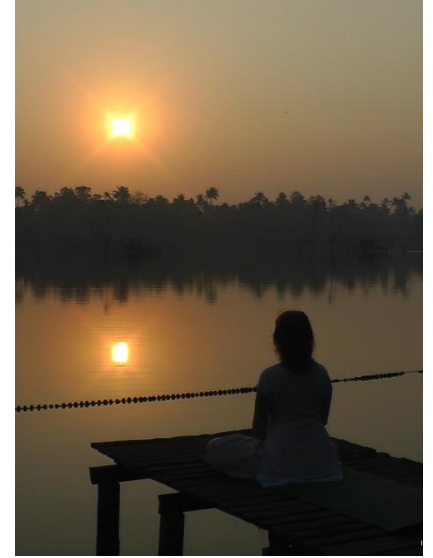




5-Day Tour of Kerala & Tamil Nadu + 7-Days Yoga & Ayurveda Retreat on The Backwaters of Cherai, Kerala, India with Jody February 22nd – March 5th 2025 (Sat-Weds)



I have run 1-3 Yoga retreats and holidays yearly since 2002 across the UK, Europe, Africa and India. None have come close to our retreat here in Feb/March 2024. It was a truly transformative experience. Alongside the beauty and wonder of our stunning venue, watching the sun rise each morning, we delved deep into our heart and soul, laughed, and danced like no-one was watching, immersing ourselves in each glorious moment. Shibu, our host took such good care of us, both at the venue and on fabulous trips. We shopped, drank chai, went to a show of traditional Kathakali dance and a martial arts demonstration, an awesome band play for us and we took part in a Ganesha ceremony to prepare the Yoga Shala. Not forgetting a daily massage! We also had the time and space to be silently still amid the beautiful nature or rock gently on a hammock.



For this retreat, I want to offer you the opportunity to experience the above, but also to see a little more of the magic of India. So we will begin our adventure with a 5-day tour, heading from the airport to Munnar on our comfortable 35-seater bus, so plenty of space. Here we will spend 2 nights in a luxury hotel, giving us time to relax after our journey and to visit a tea plantation and other local wonders. From there we head to Madurai for 1-night to take in local sights and visit a beautiful temple. We then cross into Tamil Nadu, take a boat trip through beautiful nature with the possibility





of seeing wild elephants to stay 1-night at the Periyar wildlife sanctuary in Thekkady. Back in Kerala, we will visit the ashram of Amma, the hugging Mama! This has been on my bucket list since I had the privilege to share Bhajans and Dharshan with her in Mysore, 2003.



All the above accommodation will be very comfortable and en-suite. During the tour, breakfast is included, lunch and dinner you choose from the menus and pay for your meals. We then head to Kochi for our 7-night retreat at the Ayurveda centre.

Ayurveda: Soon after arriving at the retreat centre you will have a consultation with an Ayurveda doctor. Then each day you will receive tailormade treatments for about an hour including various massages plus herbal remedies for your requirements.



Yoga: While on the tour we will have 1 or 2 Yoga classes per day, depending on timings of our trips. Classes begin the evening after arrival day to give time to rest after the journey. On retreat we will have an early morning & evening Yoga class until the day before departure with 1 day off mid retreat. These will take place in their lovely, dedicated Yoga shala and may include āsana, prānāyāma, trataka, meditation and discussions. They provide mats, cushions, bolsters and blocks. The classes will be suitable for all levels, including beginners.



Accommodation: On the 4-night tour we will stay in 3 or 4* luxury hotels. The 7-night retreat is in simple, comfortable rooms, all are en-suite with relaxing views to the gardens. The sea is just 200m walk away where you can enjoy a swim.



Food: During the 5-day tour, breakfast is included. You will choose from the menu and pay for your lunch and dinner. The 7-day retreat is fully inclusive of all food where we will be provided with 3 delicious, healthy vegetarian meals per day plus bottled & mineral water.





Trips/extra treats: On the retreat, these may include local sightseeing in a rickshaw, shopping trip to the city, local 1 hour boat trip to see the sunrise from the water, 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 together 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 **£1,295/£1,495**. The price in bold is the Earlybird discount if your non-refundable deposit and booking form are received by June 30th. If you wish to have a room on your own there is a supplement of £300. If your partner/friend doesn't wish to do Yoga there is a discount for them of £150. Included in this price is: 4 nights in 3 or 4* hotels and breakfast on the tour. 7 nights fully inclusive of all meals on the retreat. All transfers on the tour in a comfortable 35-seater bus plus from and to the airport. All yoga classes. Ayurveda consultation with the doctor plus daily massages on the retreat. All trips on the tour and retreat. It doesn't include your flights, lunch & dinner on the tour, insurance or evisa. Please note you need 6 months remaining on your passport from the date you enter India. Your space is reserved once I receive your completed, signed booking form and non-refundable £450 deposit. The non-refundable balance is due by December 31st. Places are limited so do reserve your space asap. For bookings after December 31st (if any spaces are still available) the full balance is due.

If you have any questions or would like to book, please email me at jody@yogaakasha.co.uk



I do hope you can join us on this trip of a lifetime!

