

Yoga & Ayurveda

10 days/9 nights | 27 October to 5 November 2017

KERALA, SOUTHERN INDIA



Recapture your inner spark and reawaken your inner self through the ancient healing arts of Yoga and Ayurveda.

Indulge and unwind with daily Ayurvedic massage, tailored to your individual needs. Allow daily yoga and delicious organic cuisine to release the everyday stress of life, returning your whole body to a place of balance and harmony.

Kerala, in Southern India, is a journey through the senses. Explore local markets and textile shops; trek ancient forests; discover traditional temples and exotic spice gardens as you immerse yourself in the spirit, culture and natural beauty of this rich tropical land.

This wellness holiday is truly a gift to yourself.

Liz Cosier
info@jhtours.com.au
1800 838 811
or +61 (0)458 627 678
www.jhtours.com.au





Day 1: Fri 27 Oct. Arrive at Cochin International airport. Transfer to the Ayana Fort Kochi for 2 nights.

Day 2: Sat 28 Oct Fort Kochi. Optional Yoga & Shopping. B, D

Day 3: Sun 29 Oct. Cochin- Kodikulam & Dewalokam Resort. In the morning, transfer by private air conditioned coach to Dewalokam Resort at Kodikulam. On arrival check in and enjoy a short yoga session to unwind from the journey before lunch at the resort and a free afternoon to explore the gardens and surrounds. B, D

Days 4 to 7: Mon 30 Oct to Thu 2 Nov. Dewalokam Resort. Following your morning Yoga session, each day is at your leisure where you may conduct private Yoga sessions or undertake the following activities:

Spice Walk • Forest trekking to water falls • Bamboo rafting • Village textile- jewellery-market • Village temple, • Village walk • Kulamavu visit to see the natural beauty of Idukki • Kodanadu

All meals at Dewalokum Resort are included. Ayurvedic treatments also included. B, L, D

Day 8: Fri 3 Nov. Kodikulam-Marari Beach Resort Today, after lunch at Dewalokam, you will be driven to Marari Beach Resort. B, L, D

Day 9: Sat 4 Nov. Marari Beach Resort Your day will be at leisure to enjoy the facilities of the resort and relax by the beach. An Ayurvedic Treatment is included. B, L, D

Day 10: Sun 5 Nov. Marari-Cochin Enjoy your final day relaxing at the Resort. Early in the evening you will be transferred to the Cochin International Airport for your flight home.



Accommodation

Ayana Fort Kochi

Newly opened small boutique hotel located in Fort Kochi. The old court house is situated on Bazaar Toad, the oldest International trading market in India. ayanahospitality.com/ayana-fort-kochi

Dewalokam Resort

Dewalokam Resort is on the banks of Kannadipuzha River in the Southern Indian region of Kerala. Dewalokam is nature in its pristine, unspoiled form offering Yoga and Ayurveda therapy in a tranquil, spiritually-uplifting atmosphere. The family-owned, self-sustained resort features quality air-conditioned accommodation with all facilities. www.dewalokam.in

Marari Beach Resort

Marari Beach is an endless vista of sand and surf. Marari Beach Resort offers an authentic experience of the world of Kerala's traditional fishing villages, and a recreation of an ancient, harmonious way of life in quality air conditioned accommodation with all facilities. www.cghearth.com/marari-beach

INCLUSIONS

- 9 nights accommodation in hotels as specified
- All transfers in air-con minibus
- Meals: breakfast, lunch, dinner as per itinerary
- Ayurvedic treatments at Dewalokam Resort
- Short afternoon sightseeing tours in consultation with hotel
- Lectures on Ayurveda, Hinduism, holistic life etc
- A complimentary Ayurvedic massage at Marari Beach Resort
- Bottled water/wet towels during transfers
- Yoga

EXCLUSIONS

- Airfares, airport taxes
- Indian Visa
- Personal expenses such as tips, laundry, telephone calls, drinks etc
- Travel insurance
- Any other item not mentioned in tour inclusions
- Liability for change in itinerary due to reasons beyond our control eg change in schedule, cancellation of flights, political disturbances, natural phenomenon etc
- Excess baggage
- Vaccinations & other health requirements

TOUR PRICE - LAND ONLY 10 days / 9 nights

\$3,180 per person twin share
\$3,680 per person solo traveller

IMPORTANT NOTES

Prices are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change. Please refer to our terms and conditions at www.jhtours.com.au