

# A HEALING JOURNEY TO REJUVENATE BODY AND SOUL

with **KHANDRO THIRINLAY CHODON**

**Travel with meaning and depth for our own lives, otherwise known as pilgrimage, is a favourite activity of Rinpoche and next year she has three special journeys any of which you are assured a fascinating and meaningful inward journey of the heart!**

**3RD-20TH JANUARY 2017 - 18 DAYS USD\$2890 /OR  
4TH-11TH JANUARY 2017 - 8 DAYS USD\$1520  
EX COCHIN, SOUTH INDIA**

Our retreat place is Rajah Islands, an Ayurvedic retreat on the backwaters of Kerala, the home of Ayurvedic healing. Here you will receive 5 or 14 days of consultation and treatment in this beautiful and authentic resort. After your consultation with the doctor you will receive 2 treatments a day and special diet as prescribed. Yoga and meditation sessions are also available for you to join each day. As part of this journey you will also be offered individual sessions with Khandro Rinpoche. After your full course of treatment and healing - if you leave after the 5 days we will drive to Fort Kochi (Cochin) for sightseeing and overnight before leaving for home the following evening. For those receiving the full course of 14 days Ayurvedic treatment, you will conclude with an overnight stay on a Kerala boathouse and full sightseeing of Fort Kochi before taking your evening flight home.

Note: There are two options for flights which are noted in the flight section below. We suggest people **arrive late night on the 3rd January** on Maldino Air as the connections are smoother. The resort is some 1-2 hours drive from the airport so we will leave in the morning of the 4th after breakfast to the resort. Any whom do wish to arrive on the Jet Airways flight at 8.15 am on the 4th, we will pick up and transfer direct to the resort.



*Khandro Thrinlay Chodon Rinpoche*

Khandro Thrinlay Chodon is a vibrant, joyful and warm humanitarian. She is also a Buddhist lay female meditation Master. Her life purpose now is to bring alive the ancient traditions of her own wisdom lineage to this modern chaotic world. Rinpoche brings to us a unique perspective having been born into a renowned family of meditation masters of Tibet, then having studied and lived in the West with a Masters of Psychology. Now Rinpoche, as she is known, leads an international humanitarian organisation, and travels the world imparting deep practical wisdom, which we can use in our everyday lives.

For more information on Khandro Thrinlay Chodon and her organisation Khachodling please visit her website [www.khachodling.org](http://www.khachodling.org)



**Places fill up fast so please book early! For more information and registration, please email [jane@khachodling.org](mailto:jane@khachodling.org)**

## AYURVEDA

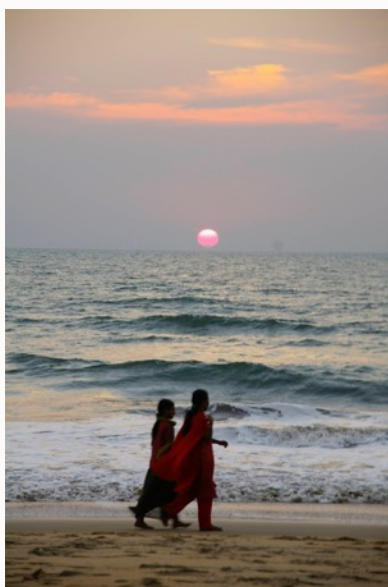
is an Indian health practice thought to be more than 5000 years old. It consists of a number of disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies. The word "ayurveda" is translated from Sanskrit to mean "the science of life". Ayurveda considers disease as a deviation from the normal state of the body and the treatment is intended to bring the patient to a normal state. Ancient Indian philosophy says that all substances in the universe are made up of 5 basic elements - earth, water, air, and ether. The balance of these makes a healthy person.

## CONSULTATION AND DIAGNOSIS

First of all the doctor consults and evaluates the patient's conditions - physical and mental. Please feel free to discuss everything as then only can the doctor have a true understanding. The according to the diagnosis two types of treatments will be decided upon - relaxation and rejuvenation for maintenance of healthy being or treatments of a specific nature for cure of ailments in sick person. You may bring recent medical reports - though not essential these doctors will be able to understand them and make use of them as appropriate to the conditions presented.

## TREATMENTS

The major treatment is given in the morning and the minor one in the afternoon. i.e. 2 treatments a day - these are usually massages with herbs, milk or oil as prescribed. Internal herbal medicines are also given and are administered by staff at appropriate times. Your diet will also be advised and given in the meals you are served. Additional treatments may be prescribed such as acupuncture, magneto therapy, reiki and are available on site on advice of the doctors.



## FOLLOW UP

Once the course of treatment is over one is advised to rest for double the number of days of treatment if at all possible.

**COST:** 18 days is USD\$2890 and 8 days USD\$1520 ex Kochi (Cochin), South India. Cost includes all food, accommodation, transfers and ayurvedic treatments and consultation. Please note: if you are on the 8 day and arrive on the 3rd evening the overnight Cochin hotel is an additional expense. For further information and registration: email [jane@khachodling.org](mailto:jane@khachodling.org)

The Ayurvedic Healing and Rejuvenation Retreat is part of the 2017 Uncommon Journeys with Khandro Thrinlay Chodon.

## RAJAH ISLAND RESORT

This resort is part of an authentic chain of ayurvedic hospitals in Kerala, South India. [ayurvedichospital.com](http://ayurvedichospital.com)

Set in splendid beauty that refreshes your soul on the Kerala backwaters. The backwaters of Kerala are 900 km of waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar Coast of Kerala. It is one of the main tourist destinations in all of Sth India.

Approximately 1-2 hours drive north of Cochin you will be transported to Rajah Island Resort by car or minibus.

## FLIGHTS

Kochi International Airport is situated in the city of Kochi, in the state of Kerala, India. COK is the airport code. Best flights from Hong Kong and Australia do connect to it via Kuala Lumpur.

There are only a few flights each day to get into Cochin (Kochi) in South India. We are requesting all people of this group to join the following flights so that we can coordinate pick up.

The important flight to catch into and out of Kochi is the Maldino Airways flight as listed below. Jetairways also has a flight but it connects through a long stopover in Bombay though it does arrive at 8.15 in the morning of the 4th.

Below are both options for your consideration-

### MALINDO AIRWAYS

OD 03JAN KULCOK HS1 2105 2235

OD 11JAN COKKUL HS1 2335 #0620

### JET AIRWAYS

9W 04JAN BOMCOK HS1 0620 0815

9W 11JAN COKBOM HS1 1605 1800

# ITINERARY - 8 DAYS

**3 JANUARY, 2017**

**TRAVEL**

It is suggested that in order to make the most of your time that you arrive into Cochin on the late evening flight with Maldino Air - (arriving from Kuala Lumpur) at 22.35. We will arrange your stay at the airport hotel where you can take good rest before travelling to the resort after breakfast the next morning. Please note the hotel cost is additional. Our representative will meet you at the airport and transfer you to your airport hotel. If you choose to arrive on Jetairways flight you will be met at the airport and immediately travel to the resort on the morning of the 4 January.

**DAY 1 :**

**4 JANUARY, 2017**

**KERALA**

After breakfast we will drive to Rajah Island - an authentic Ayurvedic Resort on a backwater island in Kerala. The Kerala backwaters are a 900 km waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar coast of Kerala. It is one of the main tourist destinations in all of South India.

On the beautiful Rajah Island you will settle into your room at the treatment centre. Later you will meet together with Khandro Rinpoche and the rest of the group for an introductory session. You will also have your initial consultation with the doctor.

**DAY 2 - 7**

**5-9 JANUARY, 2017**

**RAJAH ISLAND**

5 days of Ayurvedic treatment at the resort. This includes:

- Consultation with the Ayurvedic doctor and daily check up
- 2 Ayurvedic treatments a day.
- One major treatment ( lakkizhi, Sirodhara, Uzhkhil etc) and one minor treatment (thalam, face pack etc) as decided by the doctors.
- All meals are provided as advised by the doctors - accordin to the body constrtution of the person.
- Yoga sessions
- Accupuncture / cupressure if advised by doctors
- Daily meditation practice
- Individual sessions with Khandro Rinpoche

**DAY 8**

**10 JANUARY, 2017**

**FORT KOCHI**

After breakfast drive to Fort Kochi, check into your hotel and rest. Following lunch we will begin our sightseeing of this beautiful Port city. There is plenty of time to relax and enjoy this unique portside town with its historical monuments, excellent shopping and eating. Sites during your stay in Fort Kochi include:

- Hill Palace
- Mattancherry Palace
- Jewish Synagogue
- Santa Cruz Cathedral Basilica
- Bolgatty Palace
- Willingdon Island
- Museum of Kerala history
- St.Francis Church
- Fort Emmanuel

**DAY 9**

**11 JANUARY, 2017**

**FORT KOCHI**

After breakfast and prior to checkout, we will continue on with requested sightseeing and shopping.

Your Malidino Air flight leaves in the late evening at 23.35 and you will be transported to airport by 2100. Should you be leaving on the Jet Airways flight you will need to transfer to the airport immediately after lunch.

May you take good health and beautiful memories home with you!

# ITINERARY - 18 DAYS

**DAY 1 :**

**3 JANUARY, 2017**

**COCHIN**

It is suggested that in order to make the most of your time that you arrive into Cochin on the late evening flight with Maldino Air - (from Kuala Lumpur) at 22.35. We will arrange your stay at the airport hotel where you can take good rest before travelling to the resort after breakfast the next morning. Our representative will meet you at the airport and transfer you to your airport hotel. If you choose to arrive on Jetairways flight you will be met at the airport and immediately travel to the resort on the morning of the 4 January.

**DAY 2 :**

**4 JANUARY, 2017**

**KERALA**

After breakfast we will drive to Rajah Island - an authentic Ayurvedic Resort on a backwater island in Kerala. The Kerala backwaters are a 900 km waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar coast of Kerala. It is one of the main tourist destinations in all of South India.

On the beautiful Rajah Island you will settle into your room at the treatment centre. Later you will meet together with Khandro Rinpoche and the rest of the group for an introductory session. You will also have your initial consultation with the doctor.

**DAY 3 - 16 :**

**5-18 JANUARY, 2017**

**RAJAH ISLAND**

14 full days of Ayurvedic treatment at the resort. This includes:

- Consultation with the Ayurvedic doctor and daily check up
- 2 Ayurvedic treatments a day.
- One major treatment ( lakkizhi, Sirodhara, Uzhkhil etc) and one minor treatment (thalam, face pack etc) as decided by the doctors.
- All meals are provided as advised by the doctors - according to the body constitution
- Yoga sessions
- Accupuncture / accupressure if advised by doctors
- Daily meditation practice
- Individual sessions with Khandro Rinpoche

**DAY 17 :**

**19 JANUARY, 2017**

**BOATHOUSE**

After breakfast drive we will drive you to further your experience on the Kerala backwaters where you will enjoy a day and evening overnight stay on a traditional houseboat.

**DAY 18 :**

**20 JANUARY, 2017**

**FORT KOCHI**

After breakfast we drive you for a day sightseeing in Fort Kochi. This unique portside town has historical monuments, excellent shopping and eating. Please note that lunch and dinner on this final day are not included in the price as people may like to do different things and we have left it open for this. Sites in Fort Kochi include:

- Hill Palace
- Mattancherry Palace
- Jewish Synagogue
- Santa Cruz Cathedral Basilica
- Bolgatty Palace
- Willingdon Island
- Museum of Kerala history
- St.Francis Church

Your Malidino Air flight leaves in the late evening at 23.35 and you will be transported to airport by 2100. Should you be leaving on the Jet Airways flight you will need to transfer to the airport immediately after lunch.

May you take good health and beautiful memories home with you!