



Ayurvedic Treatment & Rejuvenation Retreat

Kerala, South India

3rd - 21st January 2018 19 days/18nights

DAY 1: 3 JANUARY, 2018 KOCHI (aka Cochin)

Most flights from overseas to Kochi airport arrive late night and our hotel (Marriott) will pick you up from your flight and transfer you to hotel. In the morning we will, after breakfast, be driven to our Ayurvedic resort. If you choose to arrive on the 4th early morning flight you will be picked up and taken to the hotel to join the group transport to the resort.

DAY 2 : 4 JANUARY, 2018 RAJAH ISLAND

After breakfast and at around 9am, 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 and will be taken to the treatment centre for your initial diagnosis and consultation with the doctor and first treatment session.

DAY 3 - 15 : 5-17 JANUARY, 2018 RAJAH ISLAND

Your 14 day Ayurvedic treatment at the resort 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 your body constitution
- Yoga sessions
- Daily meditation practice
- Individual session with Khandro Rinpoche

DAY 16-17 : 18-19 JANUARY, 2018 BOATHOUSE

After breakfast we will drive to Allepey. Here, you will enjoy the rest of this day and another full day and night staying on a traditional houseboat, eating local food, relaxing and enjoying the magnificent scenery and life on some of the most beautiful parts of Kerala's backwaters

DAY 18 : 20 JANUARY, 2018 FORT KOCHI

After breakfast we disembark our houseboat and drive to Fort Kochi. Here you will have the day at your leisure to sightsee Fort Kochi, the most popular tourist city destination in South India. This unique portside town has historical monuments, excellent shopping and eating.

DAY 19: 21 JANUARY, 2018 homeward bound

Most flights leave in the later evening and so you will have another full day free again, for sightseeing, shopping or relaxing. Transfers to the airport leave around 5pm. May you take good health and beautiful memories home with you!

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