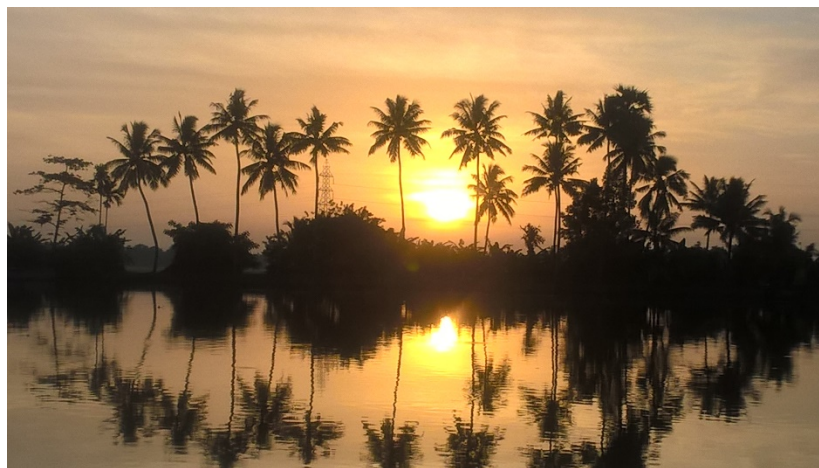
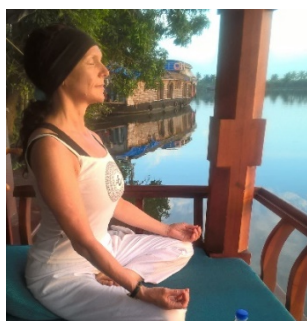




Yoga Veda Presents
The Pure Delights of Ayurveda & Kerala
11 Day Luxury Wellness Retreat
8th - 18th August 2020
(with optional further 4-day back water cruise)



Kerala Backwater 4 Star Resort & Ayurveda Spa



*When I visited this Ayurveda Centre I vowed I would bring a select group of yogis back to experience the pleasures I enjoyed so much.....
I have negotiated a discounted price and bespoke Yoga Veda package to ensure you experience the full benefits of a total Ayurveda immersion.*

This very special wellness retreat will be a trip of a lifetime. It is designed to provide experience of the ancient traditions of Yoga & Ayurveda in its homeland, Kerala. Also offers opportunities to explore 'Amazing, Incredible Kerala'. Offering accommodation in luxury lakeside villas set within beautiful grounds surrounded by a spectacular lake. This 4 * Ayurveda retreat provides a complete immersion in all that is Ayurveda & Yoga.



4*Accommodation
Lake side villas



Please find the special rate agreed for 10 nights for Single or Double sharing basis.

Resort	Ayurveda Lakeside Nature Centre – Kollam, Kerala		
Date of Travel	Depart : 8th August 2020 Return : 18 th August 2020 (unless backwater cruise option taken)		
Number of Nights	10 (Additional 4 day Kerala Backwater cruise option available)		
Number of Pax	Maximum 8		
Number of Rooms Room Category	4 Lake View Villas (holding paid as reserved)		
Yoga Veda Package includes	Full board - all meals Ayurveda (Veg) Ayurveda Doctor 1:1 consultation on arrival Tailored daily Ayurveda treatments Wellness report Daily Yoga – led by Guest Master Yogi Afternoon Yin yoga and meditation run by Julia (Yoga Veda) Use of gymnasium & outdoor swimming pool Lake excursion Return transfers from Trivandrum airport Prices from 1200		
Not included	Flights or insurance Optional excursions Optional (add on) Back Water 3-night cruise 18th-21st Aug		
Availability Status	Villas are confirmed as reserved as from on 15th June 2019		
Mode of Payment	Guest booking deposit 25% of the total amount By Aug 31 st 2019		
	Payment Schedule by individual agreement		
	Final balance required 8 weeks before travel May 8 th 2020		
Single Occupancy	£1690 PER PERSON	Double Occupancy	£1290 PER PERSON



Each day, included in your package, you will enjoy each one of the different traditional Ayurveda massage treatments for the duration of your stay.

- ♥ **Abhyanga**-whole body hot oil massage to tone up skin and gives complete relaxation.
- ♥ **Udavarthanam**-deep pressurised massage with roasted medicines and powdered drugs.
- ♥ **Oushada dhara**-pouring of medicated herbal liquid all over the body to detox the body and opening the channels.
- ♥ **Herbal steam**-steaming of whole body using steam chamber. (steam of Ayurveda herbs are used).
- ♥ **Virechanam**-cleansing and evacuation of bowels by administration of purgative medicine through oral route.(purificatory process(purgation))
- ♥ **Podikizhi**,-special poultice massage using herbal powders.
- ♥ **Shirodhara**-pouring of medicated liquid over the forehead.

Note: All treatments will be tailored to suit you by the Resident Ayurveda Doctor – Some treatments listed may not be suitable for you personally therefore will be replaced by another treatment

Daily wellbeing treatment sessions will last for one hour to one and a half hours.



Optional Yoga session will be in the morning (7am) for one and a half hour, every day led by an Indian Yoga Master

Optional Yin yoga & Meditation session will be run in the afternoon for one and a half hours led by Julia (Yoga Veda)



Yoga sessions twice daily outdoors whenever possible



Also included in price

- ♥ Welcome drink, fruit and flowers
- ♥ All meals included (Ayurveda & Vegetarian)
- ♥ Return transfers from Trivandrum airport
- ♥ Wellness drinks in accordance with the Spa therapist
- ♥ Daily herbs and dietary supplement according to individual prescription
- ♥ Fitness centre, Wi-Fi
- ♥ 1 bottle of mineral water per day
- ♥ Tea & coffee facilities in room
- ♥ Towels for pool and for villa use
- ♥ Daily newspaper



General guidelines for the wellbeing emphasis for this retreat:-

Ayurvedic system of treatment is strictly personalised, the exact treatment and medicines will be fixed after detailed consultation with the resident doctor. The treatments, which are given individually, may vary according to the body constitution and condition. Uniquely prepared herbal oils especially suited for your body constitution will be used for massage. Gents will have male masseurs and Ladies will have female masseurs for body massage and other health programs. Some of the programs are not suitable for all i.e. above 80 yrs, very young (under 10 yrs), heart patients and anyone who may be pregnant. If you have a previous medical history of heart disease, blood pressure, allergies, chronic skin diseases or asthma, please do let me know. If you could be pregnant at the time of the retreat do let the resident doctor know.

You will have prior appointments for your sessions. You are recommended to attend the treatments as directed by the Resident Ayurveda Doctor for optimum results.

Other information

You will also be provided with a PRAKRITI analysis printed report which will be given at the end of your stay.

The treatments, which are given along with the packages, may vary according to the body constitution and condition.

Every day treatment duration approximately 75 minutes to 90 minutes.

Herbal medicines will be supplied every day.

Uniquely prepared herbal oils especially suited for your body constitution will be used for massage.

The above given are general descriptions. The exact personalised treatment plan will be made by the Duty Doctor and Medical Officer on assessing the individual's condition and requirement



Beautiful pool to use at your leisure

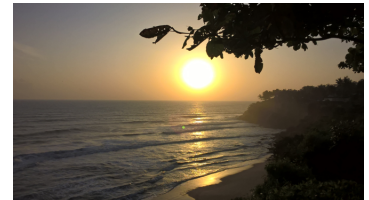
Other opportunities

- Boat trips from the resort jetty
- Bird watching
- Cookery demonstration
- Local industry visits
- *Bicycles on hire
- Visit to Varkala beach
- Explore the scenic coastline of Kappil
- Local Picnics
- Cultural Performances
- *Elephant riding and feeding



*Day trips:

- Escorted shopping trips to Paravur or Kollam
- Shrine of Sree Narayana Gurudev at Sivagiri, Varkala
- Kollam town and Thangassery fishing village
- Monroe Island backwater trip
- Kottukal Rock Cut Cave Temple
- Thenmala Ecotourism Project
- Palaruvi waterfalls



*These activities are chargeable, and are best arranged on-site

Anna Rasa Onsite Restaurant



Rasa, meaning taste, embodies the culinary fare on offer at the iconic restaurant. Air-conditioned, with the panoramic backwaters as its backdrop, Anna Rasa picks the subtle flavours of Keralan cuisine, as well as revered cuisines from elsewhere in the subcontinent, and presents a culinary platter of distinct tastes and guarantees an Ayurveda gastronomic experience non parrelled



Cookery lessons also available



LOVE TO SHARE THIS EXCITING ADVENTURE WITH YOU

INTERESTED?

PLEASE READ TERMS AND CONDITIONS AND CANCELTION POLICY BELOW
BERFORE COMMITTING TO THIS AMAZING ADVENTURE

*****NOTE ONLY 7 PLACES AVAIABLE*****

Please Complete to reserve your place:

Name of Applicant.....Mobile Number.....

I enclose

25% Deposit £..... payable at time of booking before 31st Aug 2019

(Balance payable by 8th May 2020) **£.....**

OR

Deposit £200 before 31st Aug 2019 with monthly payments to be arranged individually

(Balance payable by 8th May 2020)

Total enclosed **£**

Signed

Date

Please return this form to: Julia@yogavedaukhub.com

**Or by post
Travellers Rest
10 Pinegrove Road
Sholing
Southampton
SO19 2PG**

**PLEASE NOTE: YOUR BOOKING IS NOT FULLY CONIFRMED UNTIL 50% OF
PAYMENT IS RECEIVED**

**Payment by Bank Transfer to: Yoga Veda UK
a/c 29670072 Sort Code 23 05 80 Ref: Name – KERALA20**

Receipts will be issued for any transaction received

Note : Cheapest flights found to date (1 stop only) £750-850 @
<https://www.kayak.co.uk/flight-routes/United-Kingdom-GB0/Kerala-INKL>

NOTE : Tourist Visas will also need to be purchased

<https://www.vfsglobal.com/india/uk/Tourist.html> (£113)



11 Day Yoga & Ayurveda Wellness Retreat Kerala, India

Aug 8th – 18th 2020 Hosted by Yoga Veda UK

PLEASE RETAIN FOR FUTURE REFERENCE

Terms & Conditions

What's included:

- 10 nights' accommodation – Lakeside View Villa
- All Meals & Refreshments; Arrival day Supper to Breakfast Departure day
- Variety of daily Ayurveda treatments
- 2 Yoga sessions daily – all abilities
- Meditation and relaxation sessions
- Ayurveda Consultation
- Use of outdoor pool
- Transfers from and to Trivandrum airport
- Free time to explore the, grounds, lakeside, surrounding areas, village & beach, markets as you wish
- Free WiFi

Optional extras:

Excursions
Drinks from the bar

What's not included:

Flights
Insurance

Cancellation Policy

- **Deposits are non-refundable in any circumstances** (other than event cancellation – see below)
- Bookings cancelled with six months notice 100% refund, less deposit
- Bookings cancelled with between three and six months notice 50% refund, less deposit
- Bookings cancelled with between one and three month's notice, 30% refund less deposit
- Bookings cancelled with less than one month's notice – no refund

Important Notice: should you need to cancel please e-mail Yoga Veda UK Julia@yogavedaukhub.com as soon as possible. The date of receipt of the email will be the Notice date. At the discretion of the Organisers it may be possible for you to send a substitute participant.

In the unlikely event that the Retreat is cancelled, bookings will be transferred to an alternative date or on written request, refunds of payments will be made.

