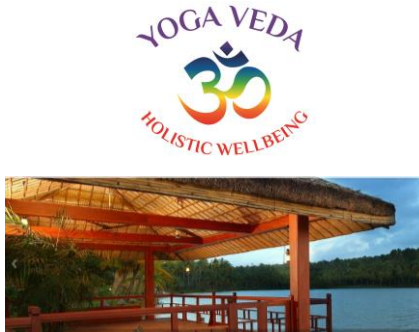
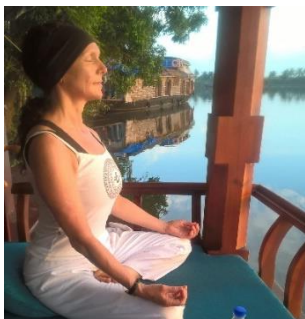




Yoga Veda Presents
The Pure Delights of Ayurveda & Kerala
11 Day Luxury Wellness Retreat
8th - 19th August 2025
(With optional further 4-day back water cruise)



Kerala Backwater 4 Star Resort & Ayurveda Spa



When I first visited this Ayurveda Centre, I vowed I would continue to bring a select group of yogis back to experience the pleasures I enjoyed so much, each year This trip will be our fourth time, visiting.
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 Centre – Kollam, Kerala	
Date of Travel	Depart : 8th August 2025 Return : 19 th August 2025 (unless backwater cruise option taken)	
Number of Nights	10 (Additional 4-day Kerala Backwater cruise option available)	
Number of Pax	Maximum 16 places allocated on a first come first served basis	
Number of Rooms Room Category	10 Lake View Villas (holding paid as reserved)	
Yoga Veda Package includes	Full board - all meals Ayurveda (Vegetarian) Ayurveda Doctor 1:1 consultation on arrival Tailored daily Ayurveda treatments Daily Yoga – led by Guest Master Yogi Afternoon Yin yoga and meditation run by Julia (Yoga Veda UK) Use of gymnasium & outdoor swimming pool Lake excursion Collect and Return transfers to and from Trivandrum airport	
Not included	Flights or insurance Optional excursions Optional (add on) Back Water 3-night cruise 16th-20th Aug - Details of this exciting option will be confirmed before final payment due.	
Availability Status	Villas are confirmed as reserved as from on 10th Jan 2023	
Mode of Payment	Guest need to reserve place by booking paying non- refundable deposit By April 30 th , 2023.	
	Payment Schedule by individual agreement. 5% finance admin charge will be added. Final balance required 16 weeks before travel April 30 th 2025	
Single Occupancy	£2200 PER PERSON	Double Occupancy £1600 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 and collection 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



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.. 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 report

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

Everyday treatment duration approximately 60 minutes to 75 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

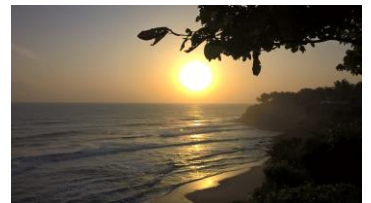
Other opportunities

- 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
- Jatayu Adventure Centre at Chadayamangalam



*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 Kerala 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 (by appointment)



INTERESTED?

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

To reserve your place:

Please return this form completed to: yogavedaukhub@gmail.com

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

Deposit £400 paid before **30th April 2023**. Simply select deposit option @ <https://yogavedaukhub.com/shop/product/the-pure-delights-of-ayurveda-kerala/> You will be sent a receipt and confirmation of your place!

I understand the following monthly instalments will be arranged individually with YVUK FINANCE (Full balance payable by **30th April 2025** (**Note:** 5% additional cost to overall payment will be charged for administration of instalment payments)

I opt for

Sharing a villa £1600 PER PERSON (NOTE: Final payment when instalments agreed = £1680 I understand this will be spread over the monthly payments)

Sharing with? (if you know the name of person you wish to share with please add their name here)

.....

Single villa occupancy £2200 PER PERSON (**Note:** Final payment if instalments agreed = £2310. I understand this will be spread over the monthly payments)

Full payment may be made direct via website to fully secure your place
<https://yogavedaukhub.com/shop/product/the-pure-delights-of-ayurveda-kerala/>

Signed

Date

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

Payment by Bank Transfer is available:

Yoga Veda UK Hub Ltd

Account: 35041761 Sort Code: 23 05 80 Ref: Initials + KERALA25

Receipts will be issued for any transaction received

Note : Cheapest flights found to date (1 stop only) £850-950 @ <https://www.kayak.co.uk/flight-routes/United-Kingdom-GB0/Kerala-INKL>

NOTE : Tourist Visas will need to be purchased

Information can be found at

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

As of December 2022 Visa applications can now be processed online!



11 Day Yoga & Ayurveda Wellness Retreat Kerala, India

Depart Aug 8th (arrive 9th August)– 19th 2025 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 to and from 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 months' notice, 20% 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 yogavedaukhub@gmail.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.

