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## **Kerala Monsoon Package Traditional Yoga-Ayurvedic-Musical Weeks -Package (14N/15D)**



### **HOLISTIC YOGA AYURVEDA HEALING RETREAT (TWO WEEKS)**

The lush green settings, natural abundance and the wet touch of monsoon brings together a perfect ambience for the traditional healing practices of Yoga and Ayurveda. It's the first time in history that these great healing traditions are blended optimally to get the best results. When the power of both comes together in healing, the individual will experience a wonderful sense of rejuvenation in a matter of a few days. The cherry on the cake is that the dates are planned in such a way that the participants will get a very rare and enchanting opportunity of participating in the traditional water festival (Vallam kali) of Southern Kerala.

The crux of the program is the individual attention given to the need of each and every individual in terms of rejuvenation and healing. With such individual care the participants would experience great rejuvenation and holistic upliftment very fast. The diagnosis and treatment will be fixed by joint consultation of the senior Yoga therapist and the Ayurveda Doctor. Pulse diagnosis (Naadi parishodhana) the ancient technique of diagnosing problems by feeling pulse would be used in diagnosing health problems.

What you eat is what you are! As cure through Ayurveda and Yoga includes regulation in diet in most cases, the participants can also experience a different taste of traditional food. Yogic and Ayurvedic healing follows the principle that no healing can



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happen without proper diet. Hence vegetarian Indian cuisine known for its medicinal values (definitely tasty too) will enrich your palate.

The retreat is also designed in such a way that the participants will be open for discussions either individually or in groups with the concerned yoga therapists and/or doctors. For further relaxation of mind, evenings would be laced with traditional dance and music forms of Kerala and informative interactive sessions.

To cut it short, the best season, perfect blend of two great healing traditions, healing diet, traditional festival and great artistic performances along with a great opportunity to know about yourself in detail from the great masters would be the best opportunity of a lifetime!

## **Main features of the program**

### **Yoga and Ayurveda**

- Individual specific attention
- Joint diagnosis by Yoga healer and Ayurveda Doctor
- Pulse Diagnosis
- Individual specific Vegetarian Diet
- Regular monitoring
- Opportunity to interact
- Sticking to the truth of tradition

### **Food**

- Vegetarian local cuisine will be served
- No Alcohol, tobacco or any other intoxicating drugs would be allowed.

### **Evening programs**

- Talks on Yoga and Ayurveda
- Movies on related subjects and nature
- Cultural Program- traditional theater, traditional music and dance.

Note: we wish to give you the best of cultural programs in the evening, but it will be subjected to the availability of the artists.



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### **Free time**

- There will not be any free day, however, participants will be free on all Sundays after the Ayurveda treatment
- There will be enough free time for each during the day for a little walk or a small boat ride

### **Please let us know before arrival**

- If you have undergone any surgeries in the past one year
- If you have any serious medical conditions
- If you are on any kind of medication

### **Arrival**

- All the participants are requested to arrive minimum 24 hours before the start of the program to ensure proper rest before commencement of the program.

### **Beyond the program**

- By the end of the program you will be guided towards a healthy life style which will include a particular set of yoga practices as well a diet suitable for you.
- All the participants will have a facility to consult the yoga healer any time after the program through online interactions.

**Note: this is a rejuvenation program and is not a program for curing chronic diseases. Those who are having chronic diseases are welcome to contact us for our holistic traditional Yoga treatment.**

**Climate: Monsoon**

**This time of the year is traditionally considered to be the best for Yoga and Ayurveda therapy. The temperature will be around 30 degree Celsius**



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### Program Schedule



Day	6.00- 7.30am	8.00- 9.00 am	10-12.30	1.00- 2.00p m	4.00- 5.30pm	6.00pm – 6.45pm	7.00-8.00pm
1	Introduction	Breakfast	consultation	Lunch	Yoga	Supper	Talk on yoga
2	yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Talk on Ayurveda
3	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Cultural program
4	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Movie
5	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Cultural program
6	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Talk on Ayurveda
7	Yoga	Breakfast	Ayurveda	Lunch	----	supper	----
8	yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Talk on Yoga
9	yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Cultural Program
10	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Cultural program
11	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Talk on Ayurveda
12	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	Cultural program
13	Yoga	Breakfast	Ayurveda	Lunch	Yoga	Supper	@ Festival Venue
14	Yoga	Breakfast	Ayurveda	Lunch	Conclusion	supper	----





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## Festival Season

### Be Part of Water Festival (Vellam Kali)

Program Date – August 2020

Type of Occupancy for 14N/15D	Price
Premium Room (Single Occupancy)	<b>AUD \$1977</b>
Deluxe Room (Single Occupancy )	<b>AUD \$1952</b>
Premium Room (Double Occupancy)	<b>AUD \$ 4003</b>
Deluxe Room (Double Occupancy )	<b>AUD \$3954</b>

Note: Rates are applicable for single/double travelling  
Cancellation fee 15% per pax applicable for any type of booking

**Price include:** Airport Pickup & drop, Food & Accommodation/snacks and sightseeing

**Price excludes:** Government tax, Train/ Air fare, tips, laundry, camera charge, alcohol, insurance and any other expenses of personal nature.







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## Swami Bodhananda Saraswathy Yoga Vidyapeedam



### Guru Chandran Master

- Disciple of Swamy Bodhanda Saraswathy
- Developed a scientific system of yoga therapy and has been treating people with it for last 25 years
- He has been instrumental in curing many chronic and even unheard states of ill health
- Developed a holistic curriculum for yoga through his meditative exploration of 3 decades
- Travels to different parts of the world for healing people, teaching yoga and spreading its message.
- Lives in Kannur, Kerala, India

