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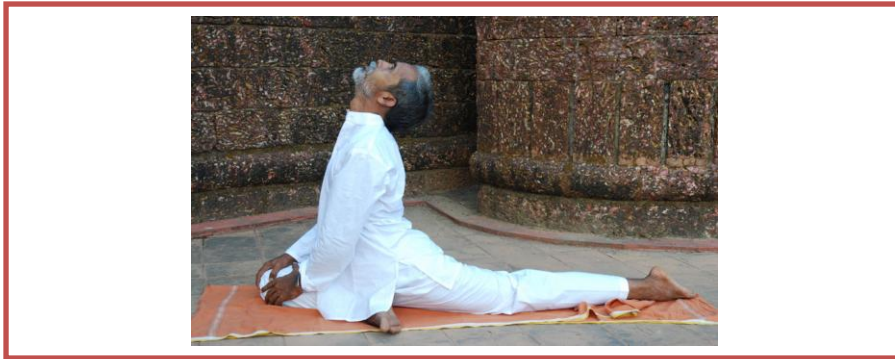
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Traditional Yoga Workshop- Ayurvedic-Musical Package (14N/15D)



Harmony of Traditions - mind and body rejuvenation through Yoga

The HoT program is a unique combination of authentic Yoga and undiluted Ayurveda. In a perfect setting for these pursuits. And at a time of the year traditionally considered the optimal for rejuvenation of the mind and body. It is not just another wellness package. The Yoga is managed by Bodhananda Yoga School under the guidance of Guru Chandran Master who established the school three decades back after spending time as a direct disciple of Swami BodhanandaSaraswathy. Ayurveda is offered by Amba Ayurveda, an institution known for its passion and excellence in Ayurveda for nearly half a century. No aspect of the program is open to compromise. It is open to just twelve participants to ensure personal attention for everyone.



What will the program offer?

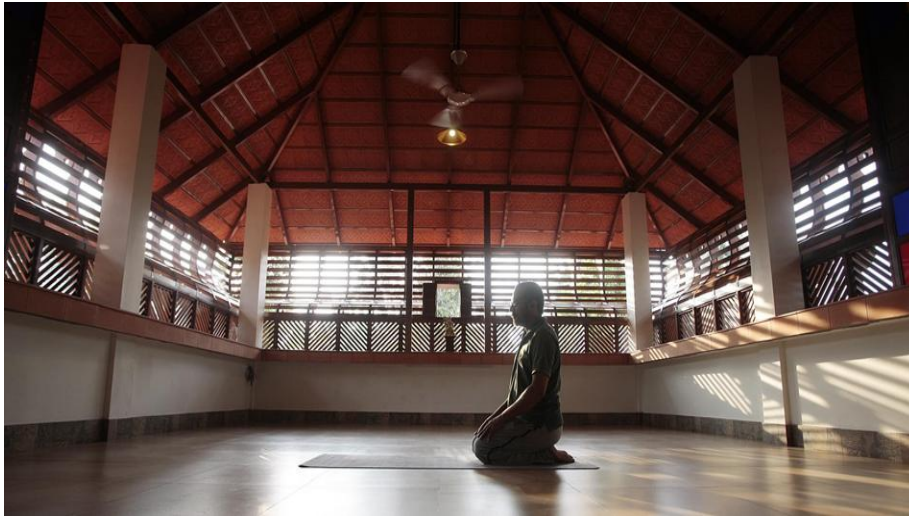
Healing and rejuvenation. Chandran master is a world renowned Yoga healer. The miraculous results he has often produced in healing through Yoga comes from a meditative and committed approach to the traditional precepts of Yoga for several decades. He will be assisted in the program by his senior disciple Satheesh who himself has more than 20 years of practice in Yoga as a practitioner, teacher and therapist.

How is the program planned?

The idea is to blend Yoga and Ayurveda to achieve the best possible results for each individual. Ayurveda is offered by Dr Jitesh from Amba Ayurveda, who is a passionate practitioner of this ancient science. For each participant, there will be a joint consultation session involving the Yoga teachers and Ayurveda doctor. The consultation will involve dosha assessment and nadi (pulse) examination of each participant as well as discussion of medical history and other relevant information. While the overall contour of the program shall remain the same for all participants, individual variations for the best results shall be recommended in this session.

Where will the program take place?

Neelambari offers an ideal setting for rejuvenation of mind and body through Yoga. Neelambari has two dedicated space for Yoga practice - an indoor Yoga hall and an outdoor Yoga space by the pool. The beautiful countryside around Neelambari offers an amenable setting to turn one's mind inward, and attain a harmonious coordination / unification of mind and body, which is what Yoga symbolifies. In addition, Neelambari can offer a range of activities that do not interfere with the pursuit of Yoga and in most cases complement the rejuvenation process. We offer excellent and authentic vegetarian fare that enhances the experience for a Yoga practitioner.



When will the program take place?

July 17 - 31, 2019. These dates were selected with just one consideration, to obtain the best possible results for the participants. The Malayalam month of Karkkitakam (corresponding to the Zodiac Cancer) is traditionally the period when monsoon in Kerala is at its most intense. It is traditionally considered the best time for rejuvenation through Ayurveda. As a knowledge system that evolved organically, such considerations are very important in Ayurveda.

What else can I expect?

An integral rejuvenation experience. In Kerala, nature is at its most beautiful during the monsoon. The rains can provide the perfect backdrop when you seek within yourself. Both Ayurveda and Yoga lays great emphasis on diet for their practitioners. And when we try to bring you the best of both, diet is an overriding concern. We will serve you delectable vegetarian food that pleases your senses without going against the spirit of Yoga and Ayurveda. Our evenings will be spent in the beautiful theater of Neelambari, engaging in the beautiful culture of Kerala and some inspiring discourses related to Yoga and Ayurveda. All these with the luxurious setting of Neelambari will make for the perfect rejuvenation you ever had.



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Course schedule:

Day 1: 16 July, 2019 - Arrival in Neelambari. We can arrange pick up from Kochi Airport. You will complete the registration formalities. You need to relax your body and mind and start getting over any jet lag effects and time zone difference so that you are in sound condition at the start of the program.

Day 2 - 15: July 17 - 30, 2019 - The following time table shall be followed strictly

6.00 am to 7.30 am - Yoga session

8.00 am to 9.00 am - Breakfast

10.00 am to 12.30 am - Consultation and Ayurveda procedures

1.00 pm to 2.00 pm - Lunch

4.00 pm to 5.30 pm - Yoga session

6.00 pm to 7.00 pm - Dinner

7.00 pm to 8.00 pm - Cultural programs / discourses / interactions

Day 16: July 31, 2019 - Check out after breakfast

Note:

Number of participants: Only a maximum of twelve participants shall be registered for the program. This is to ensure that everyone gets personalized attention.

Additional activities:

Evenings after dinner, we will spend in engaging pursuits that add more meaning to your rejuvenation. A sample of list of activities we would arrange are:

- Koodiyattam performance: One of the oldest extant theaters in the world, Koodiyattam is a delightful theater form that is surprisingly contemporary despite its ancient roots.
- Mohiniyattam performance: The classical dance form of Kerala that has an emphasis on lasya (slow tempo) is mesmerizing in its charm.
- Ottanthullal performance: Ottanthullal is a blend of classical and folk forms of Kerala and is widely liked for its fast body movements and satirical content.
- Kathakali performance: The flagship performing art of Kerala is much liked for its rich content, make up, music and percussion.
- Discourse on precepts of Ayurveda
- Discourse on precepts of Yoga
- Discourse on classical dances and art forms on India
- Discourse on Vedanta philosophy
- Classical dance performance

Notes:

1. The above is only a sample list of programs planned and we do not guarantee that all of them would be staged. We will ensure meaningful engagement for you each evening and the actual list of programs would depend on number of participants and availability of artistes.
2. In addition to the experiences above we arrange guided nature walk along the beautiful countryside around Neelambari. We have cycles and kayaks for the use of our guests. We can also arrange river cruise in our large country canoe for the guests. These are activities intrinsic to Neelambari and can be arranged at short notice.



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- For interested guests, we will also arrange cooking classes to cover the vegetarian delicacies that we serve in Neelambari.

Price:

Type of Occupancy for 15 days	AUD
Premium Room (Double)	\$3,283
Premium Room (Single Occupancy)	\$4,745
Superior Room (Double)	\$2,930
Superior Room (Single)	\$4,040

The price above includes

- Accommodation in specified category of rooms for fifteen nights
- All meals during the stay
- Yoga program as outlined above (2 sessions per day for 14 days, consultations)
- Ayurveda program as outlined above (1 session per day for 14 days, consultations)
- Cultural programs and other activities as listed above
- All applicable taxes
- Cancellation Fee 15% per pax

Our Facility

