

Yoga and Ayurveda Special

25.08 – 03.09.2012

Come join us for 10 days of bliss and rejuvenation at the Ayurveda Yoga Villa in Wayanad, Kerala (God's own country), where daily yoga classes and training (in consultation with the resident medical doctor), Ayurvedic massages and treatments, and a go at cooking healthy meals, will want you wishing for some more of it.

Dates and Brief Itinerary

Day 1: Saturday, 25.8.2012: Arrival at the Calicut (Kozhikode) International Airport in Kerala from where you will be collected and driven to the Ayurveda Yoga Villa (<http://www.ayurvedayogavilla.com/>) in Wayanad, a paradise for nature lovers. The Villas are located on the banks of River Kabani, close to Kuruvu Islands. Rest of the day is free for relaxing.

Day 2: Sunday, 26.8.2012: Beginning of the 7-day daily routine of ayurveda therapy sessions, yoga and pranayama classes, meditation and mantras, cooking classes, and walks in the beautiful green surroundings. The program will be planned such that there will be enough time for relaxation in between sessions and to explore the forested surroundings. Outings (such as visit to local NGOs, to a national park, to local villages, etc.) will be organised for certain days. A detailed daily itinerary will be available nearer time.

Day 9: Sunday, 02.09.2012: Day to relax at the river front or to shop.

Day 10: Monday, 03.09.2012: Transfer to Calicut Airport for flights home. End of tour.

P.S. Arrangements can be made for those wanting to stay on in India and wishing to travel around Kerala or elsewhere. A summer camp / entertainment program can also be organised for children who are accompanying parents taking part in the Yoga and Ayurveda special. Contact us with your requirements.



ETOSE - PEOPLE AND PLACES

Cost

The price for the trip, from/to Calicut is approximately €1000 (depending on whether a single room is required or double). The price includes:

- Accommodation at the Villa
- All local transport
- All classes (yoga, cooking) and daily massage
- 3 vegetarian meals a day
- All non-alcoholic drinks at meal times
- All local sight-seeing and entrance fees
- Tips, service charges, etc.

The price does not include:

- **International flights**
- Travel / Health insurance
- Visa fees
- Other private expenses, such as telephone, laundry, alcohol, massages, etc.

Please note ETOSE is not responsible for:

- Any changes which may have to be made to the program due to strikes, flight delays, weather conditions, natural disasters, etc.
- Any damage to luggage, suitcases, etc.

Deadline to register for this trip is March 1st. 2012