

# 7-day Yoga Retreat in India

## The power of yoga and Ayurveda

HOSTED BY BODYTREE STUDIO & VISHNU YOGA

22-29 MARCH 2019



**Head teacher:** Didier Abner

**Location:** The Forest of Munnar & Varkala Beaches, Kerala, India

Escape with us on a journey to the magical Kerala to relax, restore and recharge. Immerse in your yoga practice and take it to a new level, while learning and experiencing the healing powers of Ayurveda.

Join us for this seven-day yoga retreat in the home of Ayurveda, the land of green paradises and quiet beaches. We are taking you to two locations in Kerala: the majestic forests of Munnar and the serenity of Varkala's breezy beaches. In these perfect surroundings you will be guided through two yoga practices daily along with evening meditation lead by our hatha and ashtanga yoga teachers and three meditation teachers. You will have the opportunity to enjoy Ayurvedic treatments and take part in joyful community Kirtan singing.

With three healthy vegetarian meals a day, afternoon snacks and complimentary drinks your body will be nourished and reenergised. In the group of 20 people we will encourage community activities throughout our time together.

We guarantee that you will return with enchanted experiences and treasured memories.



### Travel Itinerary

<b>22 March</b>	Arrival at Kochi Airport & Transfer to Munnar Mountains, Kaivalyam Resort
<b>22-25 March</b>	Stay in Munnar (3 nights)
<b>25 March</b>	Leave for Varkala
<b>25-29 March</b>	Stay at Krishnatheeram Resort, Varkala (4 nights)
<b>29 March</b>	Transfer to Trivandrum Airport for Departure

Investment

**AED 5,250**  
for single room

**AED 3,780**  
for shared room

\* Price includes accommodation, meals, yoga and meditation classes; excludes air fares, visa and additional activities.

\* All prices are inclusive of VAT  
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