

A woman with long dark hair, wearing a white long-sleeved shirt and white pants, is sitting in a lotus position on a sandy beach. She is facing right, looking out at the ocean. The sun is low on the horizon, creating a warm, golden glow. The sky is a mix of light blue and yellow. The woman's hands are resting on her knees in a mudra. The overall mood is peaceful and serene.

YOGA IN THE LAP OF GOD'S OWN COUNTRY

**Yoga is the instrument that will
take you on an inner voyage.
A voyage which will last a lifetime
and can be experienced in just
a few days.**

Experience Kerala

INDIA

KERALA

Cochin

Thekkady

Kumarakom



TOUR DATES, 12-21 June 2020

Named as one of the ten paradises of the world by National Geographic Traveller, Kerala is famous for its ecotourism initiatives and beautiful backwaters. Its unique culture and traditions, coupled with its varied demography, have made Kerala one of the most popular tourist destinations in the world.

Golden beaches, emerald backwaters, lofty mountain ranges, powerful art forms... the choices are many and so are the wonders that await you. When in Kerala all you have to do is LET GO. Let the lazy backwaters set pace to your day and village folksongs croon to your heart. Let the clarion call of the jungles awaken the wilderness in you. Take your taste buds on rides through flavours they never dreamt existed.

A tropical paradise where you can paddle in tranquil backwaters, chase the mists in the hill stations and rejuvenate with pristine Nature and Ayurvedic treatments, hug the unspoiled beaches and so much more.

Kerala isn't just a destination; it's a saga of experiences and we invite you to join us on this Yoga Adventure Holiday of a life time....

Arrive, Kochi on the 13th June '20 on EK 532...see last slide for tour inclusions and payment details

Flight details ex Johannesburg, South Africa (JNB)

EK 762	12JUN	JNB	DXB	13:40	23:59
EK 530	13JUN	DXB	COK	03:20	09:00
EK 531	21JUN	COK	DXB	10:30	12:55
EK 765	21JUN	DXB	JNB	14:40	20:50

Flight details ex Cape Town, South Africa (CPT)

EK 773	12JUN	CPT	DXB	13:05	00:35
EK 530	13JUN	DXB	COK	03:20	09:00
EK 533	21JUN	COK	DXB	04:30	06:50
EK 770	21JUN	DXB	CPT	09:05	16:45

Day One: 13th June: Arrive Cochin
Cochin - Kumarakom

3:05am

Arrive Cochin International Airport.

4:30am

Meet & greet upon arrival. Board the bus and travel to Kumarakom

6:30am

Arrive Kumarakom

Check in at Coconut Lagoon Hotel

7am

Breakfast at hotel

8am

Opening circle, intention setting and Yoga
Nidra - deep relaxation

Free time to unpack, settle in and make use of the hotel's pool and spa facilities

6pm

Sunset yoga

8pm

Dinner with Dharma talk (history of yoga, yoga versus Hinduism versus Buddhism, 8 limbs of yoga, 4 noble truths and eightfold path, etc.).





OPTIONAL FREE ACTIVITIES IN THE HOTEL

10am

Explore Coconut Lagoon with Resident Naturalist

Learn about Coconut lagoon's unique architectural details which are over a century old, the backwaters, Vechur cow and the fish sanctuary. Find out more about the environmental practices followed here: bio-gas plant, sewage treatment plant, rain water harvesting, biomass digester and segregation of all non-bio degradable.

11am

Visit the Butterfly Garden at the hotel with Resident Naturalist

Lunch – own account

4pm

Yoga and meditation practice

6pm

Enjoy your evening at the hotel's sunset point, a traditional hut on the lake side. Marvel at flocks of birds as they take flight against a backdrop of the magnificent sunset sky. Watch fishing canoes and house boats sailing across the lake.

Buffet dinner – dishes range from Kerala specialties to continental classics. Own account.

Overnight at Coconut Lagoon, Kumarakom

Yoga Venue at Coconut Lagoon, Kumarakom



Day Two: 14th June Kumarakom

6:30am

Yoga and meditation practice

Breakfast at the hotel

9:30am

OPTIONAL: Visit Vaikom Mahadeva Temple (Shiva Temple) The Vaikom Mahadeva temple is dedicated to Lord Shiva. The Shiva Linga here is believed to be from the 'Treta yuga' (the second out of four Yugas , or ages of mankind, in the religion of Hinduism) and considered to be one of the oldest temples in Kerala where rituals have not been broken since inception.

Return to the hotel

Lunch – own account

2pm

Enjoy a 2 hour canoe cruise (4 people per canoe)

Optional and at own cost

Cruise through the narrow canals, and experience village life with an experienced village guide.

4:30pm

Yoga and meditation practice

Dinner – own account

8pm

Circle – reflections and sharing from the day

Overnight at Coconut Lagoon, Kumarakom





Day Three: 15th June

Kumarakom

6:30am

Yoga and meditation practice

Breakfast at the hotel

9:30am

Travel to Alleppey by road (approx 90mins)
Board the houseboat at Alleppey jetty for a days cruise on the backwaters. Also known as the "Ketuwallam" or rice boat, explore Vembanad Lake and it's web of interconnected canals.

A backwater comprises of a unique blend of rivers, lakes, bays, lagoons and canals extending into the villages and towns. Backwaters are a central part of Kerala's magnificence, making this day's adventure a memorable meditation meandering through the twisting water streams.

Lunch onboard the houseboat.

Enjoy the panoramic views and glimpses of village life along the banks. Visit a 400 year old church and walk through the local villages. Finally returning to the jetty for transfer back to the hotel.

6:30pm

Sunset yoga and circle time – reflections and sharing from the day

Dinner – own account

Overnight at Coconut Lagoon, Kumarakom



Day Four: 16th June

**Kumarakom – Thekkady
(approx 120kms, 4 hours)**

6:30am

Yoga and meditation practice

Breakfast at the hotel

10am

Check out and drive to Thekkady

Lunch en-route at a traditional homestay

3pm

Arrive Thekkady and check in at Spice Village Hotel

4:30pm

Yoga and meditation practice. Don't be afraid to talk to your fellow travellers before or after class. You clearly share similar interests, so you may have more in common than you think.

6:45pm

An interactive cooking and spice demonstration with the hotel's chef and naturalist. Learn more about spices and the delicacies of local cuisine.

Dinner – own account at the hotel

Overnight at Spice Village, Thekkady

Yoga Venue at Spice Village, Thekkady



Day Five: 17th June

Thekkady

6:30am

Yoga and meditation practice
Ayurveda intro and theory

Breakfast at the hotel

10:00am

Explore the spice plantation

This walk is a unique experience to discover rare varieties of flora, fauna, Ayurvedic medicinal herbs, spices, fruits and flowers. Gain rich knowledge about Ayurvedic cures, spice extracts and wood crafting. Learn about the various processes in spice growing: planting, harvesting, drying and preparing the spice extracts.

Return to the hotel. Or book Ayurveda Treatments or go shopping and exploring the village on your own

Lunch – own account at the hotel

4pm

Yoga and meditation practice

6:30pm

Dinner and evening in the village - own account

Overnight at Spice Village, Thekkady



Day Six: 18th June

Thekkady

6:30am

Yoga and meditation practice

Breakfast at the hotel

10:00am to 4pm

Inner work – self reflection

Ayurveda treatments at hotel or in
surrounding centers – own account

Optional Excursion: Periyar Tiger Reserve
- Own account

Lunch – own account at the hotel

4pm

Yoga and meditation practice

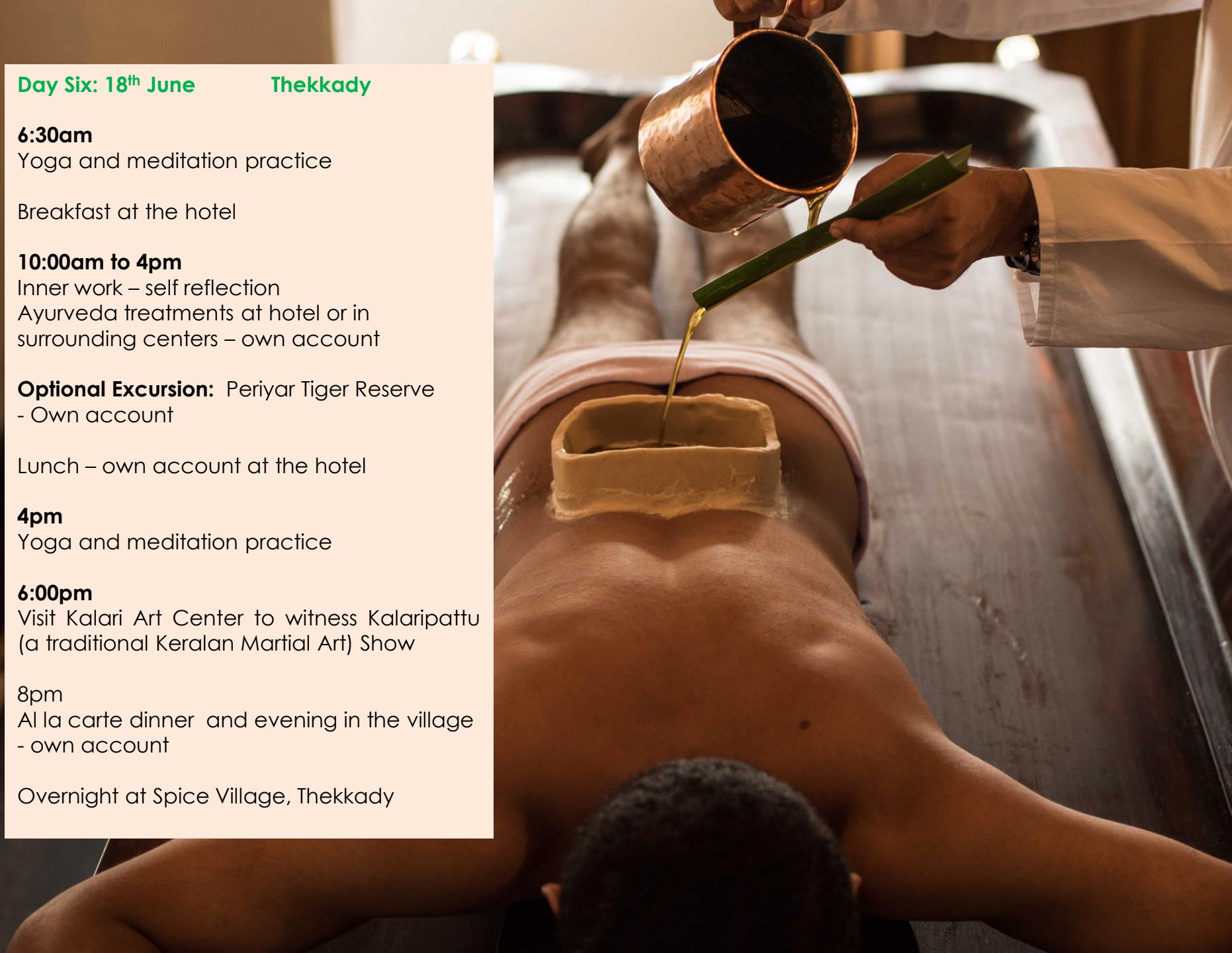
6:00pm

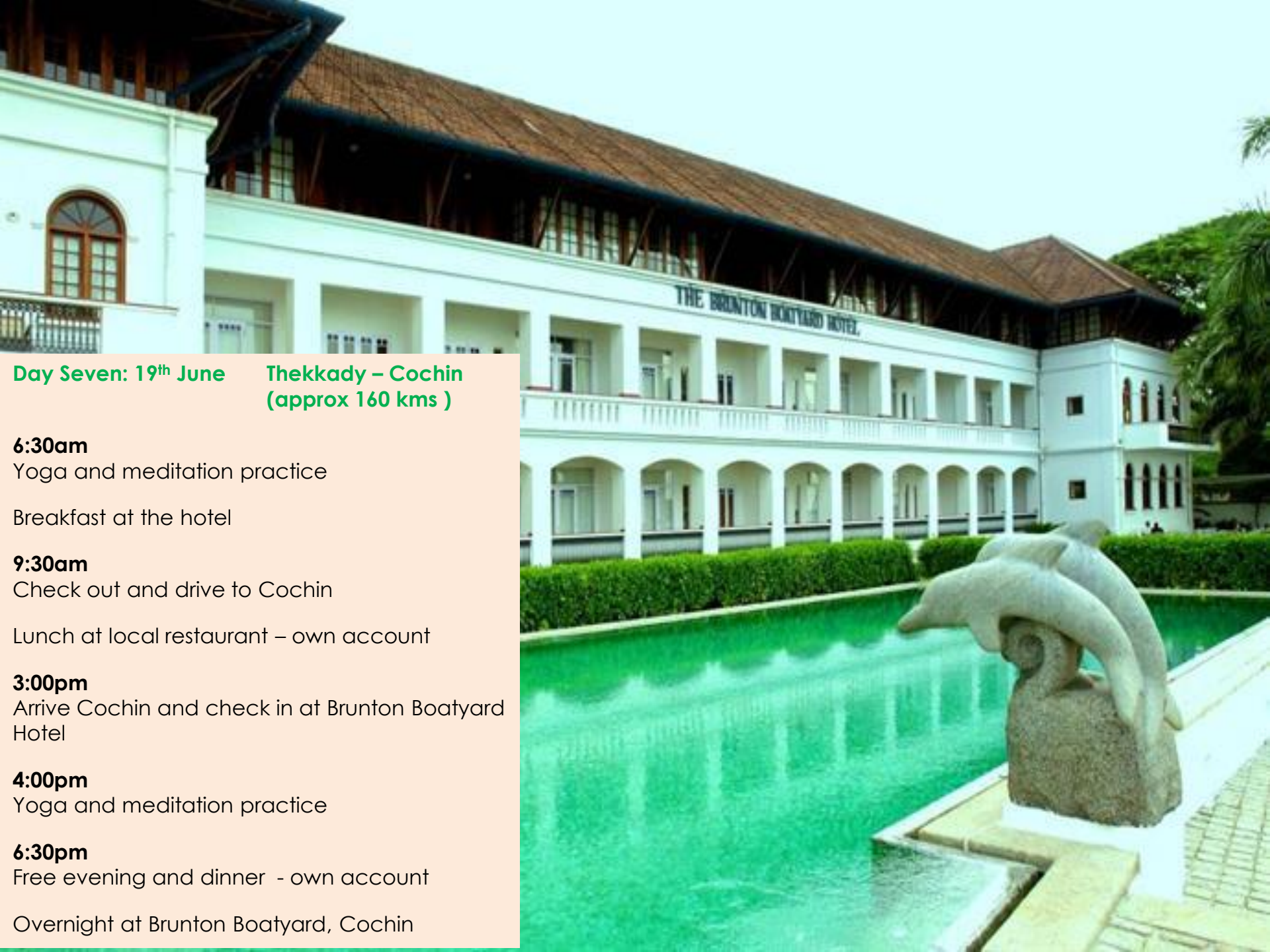
Visit Kalari Art Center to witness Kalaripattu
(a traditional Keralan Martial Art) Show

8pm

Al la carte dinner and evening in the village
- own account

Overnight at Spice Village, Thekkady





**Day Seven: 19th June Thekkady – Cochin
(approx 160 kms)**

6:30am

Yoga and meditation practice

Breakfast at the hotel

9:30am

Check out and drive to Cochin

Lunch at local restaurant – own account

3:00pm

Arrive Cochin and check in at Brunton Boatyard Hotel

4:00pm

Yoga and meditation practice

6:30pm

Free evening and dinner - own account

Overnight at Brunton Boatyard, Cochin

Yoga Venue's at Brunton Boatyard, Cochin





Day Eight: 20th June

Cochin

6:30am

Yoga and meditation practice

Breakfast at the hotel

9:30am

Heritage walk in Fort Cochin

Visit the Jewish synagogue, Chinese fishing nets, Dutch palace, old fort, markets and many magical nooks and alleys

Lunch in the city – own account

Explore Fort Cochin on own for shopping and Souvenirs

3pm

Return to the hotel

4pm

Yoga and meditation practice

Closing circle and ceremony, Q&A's

6:30pm

Optional and additional cost: Kathakali dance performance

Farewell Dinner, Ginger House – own account

Overnight at Brunton Boatyard, Cochin

Day Nine: 21st June
Cochin Departure

6am

Breakfast at the hotel

7am

Check out and transfer to the airport

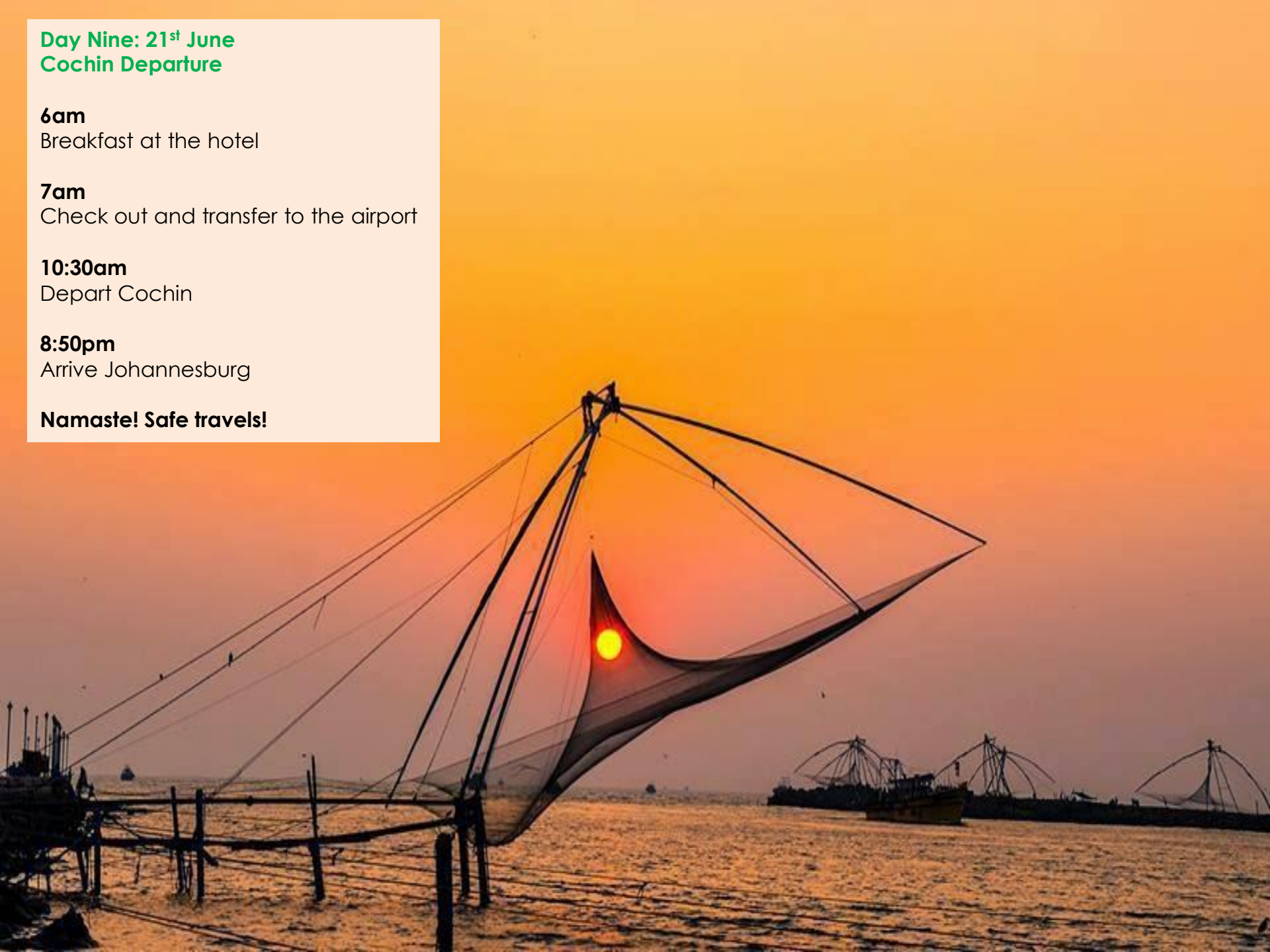
10:30am

Depart Cochin

8:50pm

Arrive Johannesburg

Namaste! Safe travels!



TOUR COST & INCLUSIONS

For a minimum of 10 paying passengers, **R31,510.00 Per Person.**

TOUR includes:

- Return international airfares ex OR Tambo or Cape Town International Airport including airport departure taxes on Emirates Airlines
- Comprehensive travel and medical insurance (Hollard Insurance)
- 8night's accommodation on a shared basis in twin/double rooms (+ early check-in on arrival)
- Daily buffet breakfasts and two lunches (1 x houseboat and 1 x homestay)
- All transfers and transport services by private air-conditioned coach
- Services of accompanying English speaking local guide from Day 1-8
- Morning and Evening exclusive Yoga Venues at all three (3) properties.
- Daily excursions and entrance fees into all monuments as per itinerary
- Private Backwater Cruise in Alleppey, Spice Plantation visit in Thekkady, Kalariapattu Show in Thekkady, Cooking Demonstration in Cochin and so much more...
- Single room supplement of R8,890.00 per single room

Payment Requirements:


A 30% deposit is required to confirm seats and land services by the **30th August 2019**, in order to secure your place on the tour. The tour will be confirmed with a minimum group of 10 paying passengers.

Maximum number of passengers is 18.

<i>30% Deposit:</i>	R 9,450.00 (30 th August 2019)
<i>Second Payment:</i>	R 11,030.00 (20 th December 2019)
<i>FINAL Payment:</i>	R 11,030.00 (31 st March 2020)

Please contact Leona from Select Travel for a detailed itinerary with bank account details and T&C's





*We look forward to
journeying and travelling
with you!*

Warm regards, Leona Meadows
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 **Select**
INCENTIVE GROUP TRAVEL