

About Ayurveda and Kerala

The term "**Ayurveda**" means "science of life" and it is a holistic system that seeks the wellbeing of the person.

India's ancient science of healing is at a conservative estimate about five thousand years old. It is purely herbal based. Its medication is made from the roots, leaves, sap from the bark of trees, shrubs, weeds and from various spices and their extracts. Sometimes it can even be made from precious metals administered in a powdered form. Absolutely no chemicals are used hence the reason there are no harmful or painful side effects.

Ayurveda is offered to enhance the quality of life by drawing upon the essence of nature. Customized treatments by physicians' and administered by experienced practitioners and trained masseurs & masseuses.

Ayurveda can help improve both physical, measurable health and the overall quality of life.

Join Leona for a trip to the charming and diverse state of **Kerala** which is famed for its welcoming people, lush, tropical scenery and delicious food. Journey from the colonial heritage of Cochin, home to Portuguese, Dutch, Arabic and British traders at various times in its long history to the palm-fringed beaches of Marari and relax on the backwaters watching the world drift by.

Keralan cuisine makes abundant use of the locally grown produce; spices, coconut and seafood. This tour allows you to appreciate just what a feast for all the senses Kerala can be.

Beautiful beaches & balmy backwaters in South India



Detailed Programme

DAY 1

ARRIVE COCHIN

Arrive into Cochin International Airport. After customs, guests will be met and greeted by a representative who will assist them with the transfer from the airport to the hotel. Upon arrival at the hotel, rooms will be ready for immediate check-in.

Cochin: Has had a very popular & historical sea trade connection with the Middle East, Mediterranean Europe & the Dutch. It has one of the finest natural harbours on the Arabian coastline. Its cosmopolitan character is reflected in the buildings & structures representing different regions of the world. Cochin is an attractive town with a rich history and culture. It has been a trading port since at least Roman times when it was on the main trade route between Europe and China, and is still orientated around the bay whose neck is lined with the enormous cantilevered cheenavalas. The town has had a Jewish community since at least the 6th century, and has been occupied by the Portuguese, Dutch and British before independence.

After a quick freshen up take a guided **heritage walking tour of Fort Cochin**. This gives you a glimpse into Cochin's **rich history** and heritage, showcasing the mixed **Dutch, Portuguese, British and Jewish** influences that make the city unique. During the tour, we will visit the **old quarter** of Fort Kochi, exploring the quaint streets of this city on foot. We will also visit Fort Kochi's seaside promenade, and get a glimpse of daily life in Cochin.

You will also visit the **ancient Chinese fishing nets** (Cheenavala) that are distinctly unique to Cochin. It is believed that traders from the court of the Chinese ruler Kublai Khan introduced these nets here.

Dinner at a local restaurant.

Overnight stay at the Brunton Boatyard Hotel.

DAY 2

COCHIN / ALLEPPEY

Breakfast at the hotel

Complete the walking tour of Cochin. Today you'll visit **St. Francis' Church**, built in the year 1503 by Portuguese Franciscan Friars and known to be the oldest European church in India. Vasco da Gama's remains were buried here in 1524 & later moved to Lisbon, Portugal. We also visit the **Dutch Palace**. The Palace has a fine collection of mural paintings depicting scenes from Hindu epics, Mahabharata & Ramayana and later on we visit the **Jewish Synagogue**. It is magnificently decorated by Chinese tiles & Belgian chandeliers. Giant scrolls of the Old Testament can be found here. A visit to the spice market where the air is filled with the pungent smell of spices & history is also on the itinerary.

Drive approximately 70 Km (*1 hour 15mins*) to **Alleppey** to embark your houseboat for an **overnight cruise** of the backwaters.

A late lunch will be served on the houseboat

The kettuvallam or 'boat with knots'- was so called because the entire boat was held together with coir knots only - not even a single nail is used during the construction. The boat is made of planks of jack-wood joined together with coir. This is then coated with a caustic black resin made from boiled cashew kernels. With careful maintenance, a kettuvallom can last for generations. These slender vessels constructed from jackfruit wood beams with thatched roof have for centuries been the primary means of transporting cargo—mainly Kerala's staple crops of rice and coconuts. Enjoy day cruising through the fabled backwaters - the undisputed highlight of the region. The best way to glimpse village life and the scenery along the lush lined backwaters of Kerala. You'll pass the backwaters, as well as tiny,



In the afternoon each guest will have their first consultation with the resident Ayurvedic Doctors. After your personalised consultation the Doctor will discuss your individual Ayurvedic plan in order to help you to restore your natural balance and suggest changes in your lifestyle.



Ayurveda is an elaborate healing system of India, a science of life based on the laws of nature. It is derived from the Sanskrit words Ayur (life) and Veda (knowledge) and it traces its origins back about 50 centuries

You will have a variety of choices to select from the list of Ayurveda experiences to tone the body and relax the mind. The program, administered by qualified therapists unfolds a holistic way of life wherein your wellness is perpetually restored. Pure, authentic preparations with farm-grown 'pesticide free' food products are used to ensure maximum benefit for all treatments.

Each program has a choice of authentic Ayurvedic treatments coupled with ancient Vedic wellness practices comprising of traditional oil massages, organic meals, yoga and meditation. These choices offer to rejuvenate the mind and body, and derive the benefits of India's time-honoured science of healing

Dinner at the hotel

Overnight at Coconut Lagoon Hotel.

DAY 4 & DAY 5

KUMARAKOM

Breakfast at the hotel.

Ayurvedic program continues throughout the day

Optional activities available to guests at Coconut Lagoon Hotel:

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|---------------------------|--|
| ○ Fitness centre | 06:00 - 20:00 (Free of Charge) |
| ○ Bird watching | 07:00 – 08.00 (R 50 per person) |
| ○ Country canoe | 08:00 – 18:00 (R 50 per person) |
| ○ Motorized canoe | 08:00 – 18:00 (R 400 per person) |
| ○ Speed boat | 08.00 – 18:00 (R 500 per person) |
| ○ Kayaking | 08:00 – 17:00 (R125 per person) |
| ○ Village life experience | 09:00 for 4 hrs (R 600 per person – tour conducted by Responsible Tourism) |

Dinner at the hotel

Overnight at Coconut Lagoon Hotel

DAY 6

KUMARAKOM / MARARIKULAM

Breakfast at the hotel

After breakfast you will be transferred by an air-conditioned vehicle for approximately 1 ½ hours to Mararikulam for a wholesome dose of sand, sea and fresh air.

Mararikulam, one of the local fishing villages, where life still goes on much as it did a hundred years ago. Marari offers endless miles of superb sand beaches backed by swaying palms, virgin territory where you can experience the local charm and traditional Kerala Hospitality at its best.

Upon arrival check into Marari Beach Resort.

Your personalized Ayurvedic program that was set by the Resident Ayurvedic Doctor at Coconut Lagoon Hotel will continue uninterrupted and executed by the physicians at the Marari Beach Resort.

Rest of the day at leisure to explore the small sea-side Village. You can choose to either relax or unwind on the beach or you can take a guided tour of the local village which will include visits to churches, temples and coir factories.

Overnight at Marari Beach Resort.

DAY 7-9

MARARI

Breakfast at the hotel.

Your personalised Ayurveda package continues from day 7-9.

Optional activities available at Marari Beach Resort:

- The Temple Trail R 685 per person
- Country Canoe ride R 820 per person
- Farm Kitchen R 785 per person
- Discover Alleppey R 785 per person

The Temple Trail - A half day guided trip to 5 major temples in this part of Kerala – the Shiva temple at Mararikulam, the Devi temple at Mullackal, Alleppey, tayamanamhe Jain temple at Alleppey, the famous Krishna temple at Ambalapuzha and the serpent god temple at Mannarshala.

Country Canoe ride - One hour cruise on a country canoe escorted by an experienced guide. Explore the inland small and inland canals.

Farm Kitchen - Harvest your choice of fruit and vegetables and join the Chef at the Farm Kitchen to prepare an amazing dinner.

IN-HOUSE ACTIVITIES AT COCONUT LAGOON INCLUDE:

- 6:00 am – 7:00 am Kalarippayattu Practice: Tuesday, Thursday, Saturday, Sunday.
This Martial art form is indigenous to the southern Indian state of Kerala. Kalaripayattu is the oldest existing martial art form, dating back more than 2000 years. Learn the movements and the training will be given in the authentic way at our KALARI CENTRE.
- 7:00 am + 18:30 pm Yoga and meditation at the Yoga centre
It is meant for every guest who desires to find his or her true self, which is full of peace, joy of life and love for others. It is not just a book or a set of exercises but a living science that will reveal more of itself to you gradually as your meditations become deeper and you experience stronger and more fulfilling.
- 7:00 am Bird watching with naturalist:
Bird watching is a hobby that can be enjoyed by everyone. The lakes, canals and paddy fields near coconut lagoon are very good birding places. You can spot birds like Magpie Robin, Red Vented Bulbul etc.
- 09:30am Ayurveda Talk by our Doctor at the centre
- 10:00 am Explore the Property with our Naturalist:
Learn about Coconut lagoons unique architectural details which is over a century old, about back waters, Vechur cow, Fish Sanctuary, Petti and Para. Learn about environmental Practice followed here like Bio-gas plant, Sewage treatment plant, Rain water harvesting, Biomass digester and segregation of all non-bio degradable.
- 11:00 am Butterfly Garden
- 16:30 pm Cooking Demo at Ettukettu
- 17:00 pm Saree and Dhoti Demonstration @ our Shop
- 16:00 pm Sunset Cruise: Please book your seat before 16:00 pm. It is an extra ordinary cruise in a beautifully restored kettuvallam, taking guest to the middle of Lake Vembanad watching the sun go down.
- Cultural Programs

IN-HOUSE ACTIVITIES AT MARARI BEACH RESORT INCLUDE:

- 06:00 am – Kalari demonstration.
- 07:15 am – Yoga at the yoga center.
- 08:30 am – Butterfly garden visit.
- 09:30 am – Ayurveda Talk by the Ayurvedic doctor available at the centre.
- 10:00 am – Instrumental music lessons.
- 10:30 am – Kitchen garden visit & daily harvesting.
- 11:00 am - Environmental tour accompanied by a staff member.
(Visit the bio gas plant sewage treatment plant, vermicompost cell, solid waste management system, solar panels).
- Bird watching escorted by a naturalist (on request).
- 16:00 pm - Village walk escorted by a staff to the local village.
- 17:15 pm- Meditation /sessions on relaxation at the yoga center.
- 18:00 pm – Saree & dhoti demonstration at the shop.
- 18:30 pm – Interactive cooking demonstration with the chef at the Chakara Restaurant.
- Indoor games like chess and caroms in the club house.
- For playing cards, badminton, tennis and volleyball please contact the front desk.
- Bicycles and a local route map are available to explore the village. Please contact the front desk

THE ABOVE RATES EXCLUDE:

- Camera / video camera fee at monuments
- International Travel Insurance
- Meals and items not specified mentioned above
- Drinks with meals.
- Porterage of baggage at hotels
- Passport & Visa costs (India Visa is FREE – application through BLS <http://blsindia-southafrica.com>)
- Items of a personal nature (tipping, hotel extras, laundry, phone calls, alcoholic beverages, shopping, medication, etc.)
- Increases in airfare departure taxes and fuel
- This is a quote only and no reservations and/or availabilities have been made at this stage. All bookings now require full surnames & first names as per a valid passport
- All quotes are subject to availability at the various hotels
- Tips during the tour for the drivers and English speaking tour guides
- Restaurant tips after meals
- Any other services not mentioned above in the inclusions

Terms & Conditions

Deposit Requirements:

A deposit of ZAR 10 500.00 is required to confirm seats and land services.

2nd payment:

R 10 500.00 – Date TBC

FINAL Payment:

Date TBC *(Balance determined on Group Size of 6-8 pax and Airport Taxes)*

Cancellation Policy:

- In the event of cancellation by the guest prior to the 2nd payment date the deposit paid will be non-refundable. In the event of any cancellation by the guest after the second payment date, all monies paid are non-refundable. Should a group of 6-8 pax travelling together not materialise – all payments will be refunded.

Reservations:

- Any amendments and or adjustments to confirmed bookings i.e. name changes, meal requests, last minute ad-on's, last minute bookings etc. Select Incentive Group Travel reserves the right to charge an additional handling/service fee of ZAR 2,750.00 per person.
- Once airline tickets have been issued all payments made up to that point becomes non-refundable.
- The airfares quoted in this booking are guide fares only (based on economy class) and not valid until a booking is created and the seat class is confirmed. All rates are subject to currency fluctuations / specific seats being available on shown routing and / or airfare increases and availability on flights and hotels. Airport taxes are subject to daily exchange rate fluctuations and are not guaranteed until the day the tickets are issued.

Single Rooms:

- The availability of single rooms is dependent upon individual hotel properties and in some cases, where a large number of singles is required, it may be necessary to charge a further supplement over and above the single supplement quoted. We will guarantee the quoted single supplement for a maximum of 10% of the total room requirement of your program. Over and above this we reserve the right to charge further supplements if necessary

Taxes:

- Our prices include all government taxes as levied as of the date of this proposal. In the event that additional taxes are introduced by governing bodies or existing taxes increased, Select Incentive Group Travel will have to pass on all such additional charges to the booking agent or individual passengers concerned.

Visa & Passports:

- Please check current appropriate passport and visa rules. All passengers should check with the appropriate local consulate offices, allowing good time to complete the necessary paperwork prior to departure.

Proprietary Rights:

- The concepts, treatments and production techniques detailed in this proposal remain the exclusive property of Select Incentive Group Travel until such time we are contracted to execute them.

Responsibility:

- If Select Incentive Group Travel have to cancel a tour or are unable to carry out all services due to circumstances beyond our control, we will do everything possible to secure services of comparable or better standard or refund all monies in full. Select Incentive Group Travel accepts no responsibility for loss or additional expenses incurred due to delays, changes, omissions or errors made by our suppliers including but not limited to air, sea, ground transportation, war, weather, quarantine and strikes. All persons working with Select Incentive Group Travel will be deemed to have accepted the conditions contained herein by submitting a booking deposit.

