



Yoga & Ayurvedic Tour, Kerala India

6 – 14 October 2009

Experience the tranquillity that can be found in the ancient ways of Yoga and Ayurvedic traditions as you join Yoga teacher Lisa Turner on a journey to Kerala in Southern India. Enjoy daily Yoga sessions and Ayurvedia therapies as you renew your spirit in the tranquil surrounds of Dewalokam. Join the local village folk as you wander the markets and textile shops. Trek through ancient forests and discover traditional temples and exotic spice gardens as you immerse yourself in the spirit, culture and natural beauty of this rich, tropical land.

Practicing Yoga and meditation channels your mind, rejuvenates your soul and keeps your body fit. Yoga aligns the rhythm of the body with the melody of the mind and the harmony of the soul, to create a symphony of life.

Lisa Turner, Yoga Teacher and Tour Leader

I have been practicing yoga for 17 years and am an accredited teacher in the Satyananda yoga tradition, with training both in Australia and in India. I have travelled for many years in India and I look forward to sharing my passion for Yoga and this beautiful part of Southern India with you.

J&H TOURS

PERSONAL • ALL INCLUSIVE • LUXURY

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Accommodation

Dewalokam Resort

Dewalokam Resort is an exceptionally beautiful farm on the banks of Kannadipuzha River in the Southern Indian region of Kerala. Dewalokam is nature in its pristine, unspoiled form offering Yoga and Ayurvedia therapy in a tranquil spiritually uplifting atmosphere. The family owned self sustained resort features quality air conditioned accommodation with all facilities. www.dewalokam.com

Marari Beach Resort - Garden Villa

Marari Beach is an endless vista of sand and surf. Marari Beach Resort offers an authentic experience of the world of Kerala's traditional fishing villages, and a recreation of an ancient, harmonious way of life in quality air conditioned accommodation with all facilities. www.cghearth.com



Itinerary

Day 1: 6 October Cochin

Arrive at Cochin International airport at 2200 hrs and transfer to the nearby Abad Airport Hotel.

Day 2: 7 October Cochin- Kodikulam & Dewalokam Resort

In the morning, transfer by private air conditioned coach to Dewalokam Resort at Kodikulam. On arrival check in and enjoy a short yoga session to unwind from the journey before lunch at the resort and a free afternoon to explore the gardens and surrounds.

Days 3 to 6: 8 to 11 October Dewalokam Resort

Following your morning Yoga session, each day is at your leisure where you may conduct private Yoga sessions or undertake the following activities:

• Spice Walk • Forest trekking to water falls • Bamboo rafting • Village textile-jewellery-market • Village temple, • Village walk • Kulamavu visit to see the natural beauty of Idukki • Kodanadu or Munnar visit (on application).

All meals at Dewalokum Resort - Breakfast, lunch and dinner - are included. A Daily Ayurvedic treatment is also included.

Day 7: 12 October Kodikulam-Marari Beach Resort

Today, after lunch at Dewalokam, you will be driven to Marari Beach Resort.

Day 8: 13 October Marari Beach Resort

Your day will be at leisure to enjoy the facilities of the resort and relax by the beach. An Ayurvedic Treatment is included.

Day 9: 14 October Marari-Cochin

Enjoy your final morning relaxing at the Resort. After lunch you will be driven to Cochin for a cooking demonstration with celebrity Nimmy Paul, followed by dinner. Early in the evening you will be transferred to the Cochin International Airport for your flight home.



Tour Inclusions

- 8 nights accommodation in hotels as specified
- All transfers in mini air-conditioned bus
- Daily Ayurvedic treatment at Dewalokam Resort
- Short sightseeing tours each afternoon in consultation with hotel
- Lectures by experts on Ayurveda, Hinduism, holistic life etc.
- A complimentary Ayurvedic massage at Marari Beach Resort
- Nimmy Paul cooking demonstration in Cochin
- All meals – breakfast lunch and dinner as per itinerary
- Mineral water/wet towels during the transfers
- Porterage & all currently applicable taxes

Tour Exclusions

- Airfares, airport taxes & visa charges
- Personal expenses such as tips, laundry, telephone calls, drinks etc
- Travel Insurance
- Liability for change in itinerary due to reasons beyond our control like change in schedule, cancellation of flights or train, political disturbances, natural phenomenon etc.
- Any other item not mentioned in Tour Inclusions

Important Notes

- The above costs are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change.
- A Tourist Visa for India is required.

Please refer to our Terms & Conditions at www.jhtours.com.au

TOUR COST - LAND ONLY

US\$ 1998 per person twin share basis

Single room supplement US\$450 per person

J&H TOURS

FREECALL 1800 836 811

Suite 6, 157 Gordon Street Port Macquarie NSW 2444 Australia

PO Box 6747 Port Macquarie NSW 2444 Australia

p: +61 2 6583 1788 • f: +61 2 6583 1995 • e: info@jhtours.com.au • www.jhtours.com.au

Travel Agent Licence: 2TA5979